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Wednesday, March 12, 2014

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NO BOY BANDS

LIVE 88·5 FM

Missing jet mystery continues

Plane was last seen way off course in the Strait of Malacca PAGE 9

I didn't run that red light officer, my *car* did

How will the rules of the road change when driverless cars are available en masse? PAGE 14

SO AN ALBERTAN, A QUEBECER AND A NEWFIE WALK INTO A BAR ...

... INSERT JOKE HERE. BUT IF YOU WANT TO GET PAST EAST COAST STEREOTYPES, CHECK OUR FEATURE PAGES 12 & 13

A demonstrator smokes a marijuana joint on Parliament Hill in Ottawa on April 20, 2010.
PAWEL DWULIT/THE CANADIAN PRESS

Legal pot would mean windfall for province

Cha-ching! Tax grab could mean $5 million a month: Economist

SCOTT TAYLOR
Metro in London, Ont.

An Ontario-based economist says that Colorado has proven what many have been saying all along: Legalize marijuana, regulate it and the tax dollars will come flowing in.

It's been estimated that in the first month of legalized weed sales, the state made a cool $2.1 million in taxes. That's outside of the $1.4 million it made taxing medicinal marijuana.

Richard Ivey School of Business associate professor Mike Moffatt said the tax works out to about 40 cents for each of Colorado's 5.2 million people.

"Assuming the usage would be similar among Ontario's almost 13 million people, the tax the government would earn would be around (a) lofty $5 million," he said.

That's for a single month, equating to $60 million a year.

He cited a Fraser Institute report that stated the federal government could realize over a billion dollars a year if pot was legalized.

But Conservative MP Ed Holder said he couldn't disagree more with the figures. Price, he said, will still create competition between the legal outlets and drug dealers.

"That does not go away because it's been legalized," he said. "The underground economy does not go away."

A Hi-Times manager, Mike Gin, who's been in the head shop business for 25 years, argued it only makes sense for the government to cash in.

"It's a revenue generator, so why lose the money if they can tax it?" he asked.

"They could regulate it like cigarettes so that people under a certain age couldn't buy it."

Quoted

"A lot of this tax money is money that would otherwise be going to drug dealers.... Instead of financing that, why not finance schools and hospitals and all the other things our society needs?"

Mike Moffatt, Ivey School associate professor

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Tricia Boisvert killing

Man charged, other man sought

Philippe Steele-Morin, the Gatineau man who was arrested on Monday for the murder of Tricia Boisvert, was charged with second-degree murder in a Montreal court on Tuesday.

The 30-year-old was found in a residential area near Buckingham.

Police are also looking for James Boucher, 31, believed to be an accomplice after the fact currently in the Gatineau area.

LUCY SCHOLEY/METRO

The Glebe

Cops seek suspect in sexual assault

Police are asking for the public's help in investigating a sexual assault that happened in the Glebe on Friday evening.

A woman was grabbed near Bank Street and First Avenue at 6 p.m. The suspect is described as a man with tanned skin, around 25 years old, about five foot nine inches tall, with a medium build.

JOE LOFARO/METRO

Lanark County

Nurse charged in sexual assault

Police have charged a registered nurse in Lanark County with sexual assault.

Richard Nightingale, 50, was working for Lanark County Mental Health at the time of the alleged incident. A 33-year-old woman complained to police that she was assaulted on Jan. 10 while in Nightingale's office at the Perth and District Hospital. LUCY SCHOLEY/METRO

Railway signals light up near site of fatal crash

False alarm. Glitch is the second in a month at site of train collision that claimed six lives

LUCY SCHOLEY
lucy.scholey@metronews.ca

Warning signals lit up on Tuesday morning for the second time in a month at a railway crossing near the site of the infamous OC Transpo and VIA Rail collision.

Jacques Gagnon, VIA Rail's senior manager of media and community relations, said the problem was linked to a defective controller.

The City of Ottawa sent out a tweet at around 8 a.m. warning drivers to avoid the area and later sent out a memo about the incident.

RailTerm, the Ottawa-based service provider for Via Rail, was called in to fix the lights at the transitway on Fallowfield Road near Woodroffe Avenue.

The warning lights also went off on Feb. 11, and just one of the two traffic barriers lowered. The site had temporarily closed under repairs.

The Fallowfield station was the site of the tragic OC Transpo and VIA Rail train collision on Sept. 18 that killed six people and injured dozens.

Two lawsuits have since been filed against the city and the estate of the deceased bus driver.

Police direct traffic at a railway crossing near the Fallowfield station on Tuesday morning as workers repaired a defective controller. OONA WOODS/FOR METRO

Activists pitch plan to fight rape culture

A group of current and former students, union members and activists outlined eight proposals to combat rape culture at the University of Ottawa on Tuesday.

The call for action comes in the wake of two sexual misconduct scandals. On March 6, U of O president Allan Rock announced the Task Force on Respect and Equality to address the problem.

Isabelle Hétu, president of CUPE 2626, says the university needs their expertise.

"We have been working on this for years," she said. "I know I am young, but we have the research; we know what action to take. We are waiting for them to get in touch, but apart from lip service they have not."

Former student Pierre St-Jaques says the fact the university has not been in touch yet demonstrates why this action is necessary.

"We don't want it to be a task force run by the university," said St-Jaques. "We want (rape culture) to be discussed and we need to take action collectively — not from the top down."

Rock says he welcomes their initiative.

"I will urge the Task Force to collaborate with the independent group and to look closely at the eight recommendations they have tabled," he said.

OONA WOODS/FOR METRO

Isabelle Hétu, president of CUPE 2626 at the U of O, speaks outside the school Tuesday. OONA WOODS/FOR METRO

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Lian McPhail Doherty, owner of LMD Snow Removal, dealt with more frequent snowfalls this year. OONA WOODS/FOR METRO

Ottawa winter coldest in more than 2 decades

Rain, rain come back again! Don't pack up those boots just yet

OONA WOODS
ottawa@metronews.ca

"There are only two snowfalls people remember — the first one and the last one."

Ken Dale, owner of Appleseed Snowblowing Service, has a lot to say about snow. His company serves around 8,000 customers in the Ottawa area and he is not shying away from a forecast of 10 centimetres in the city Wednesday.

"I hope we get more," he said. "The more snow the better. Then when we send out the renewals more people will sign up."

But Dale feels the end of winter is almost in sight.

"There's been some melting and it gives people hope. People can see the light at the end of the tunnel," he added.

Environment Canada meteorologist Geoff Coulson might just squash that hope for the region. He says along with 10 centimetres for Ottawa, Wednesday's storm is expected to bring up to 25 centimetres of snow to the Kingston and Cornwall area.

"People keep telling me, 'there can't be more coming; winter has to be over now,' and I say, 'I hope you're right,'" said Coulson, adding that spring is still a few weeks away.

"I hope you wake up to a sunny day at dawn, but I don't think you will."

But has this winter been snowier than normal?

Lian McPhail Doherty, owner of LMD Snow Removal says no, but the snowfall has been more frequent.

"Last year it was wet and heavy snow," he said. "This year we've had consistent little snowfalls of five centimeters," he said, explaining that five centimeters is the bare minimum for snow removal.

Coulson does say it has been a long cold winter, noting that Ottawa temperatures in December to February have been the coldest since 1993.

Appeal 'a distraction' in sexual assault case: Lawyer

An Ottawa lawyer says the Crown is "reopening a can of worms" by seeking to appeal a sexual assault case in which the judge discussed evidence he found on a dating website with a detective after delivering his verdict.

Céline Dostaler's client was acquitted on Dec. 18, 2013 after spending 14 months in custody facing charges of sexual assault and forcible confinement against his 43-year-old wife.

But in a January affidavit, Vikki Bair, Crown attorney for the City of Ottawa, said she was "very concerned" by what lead Det. Erin Lehman said Superior Court Justice Timothy D. Ray had told her.

According to Lehman's statement, the judge had her come to his chambers after the trial to tell her he had created a fake profile on the dating website Match.com the night before the verdict and found evidence "that would have been able to 'hang' the victim with all the available information."

At the end of the conversation, Ray told Lehman she had been a "bright, happy face" in a sombre crowd, and they should have lunch or coffee some time.

On Monday, the appeal court granted the Crown an extension to appeal the acquittals on the grounds of "reasonable apprehension bias."

But Dostaler told Metro Tuesday the decision is a "distraction from my client's innocence."

"He was acquitted on the merits of a sexual assault and forcible confinement and I think this is more of a side track issue and it doesn't change the fact that I think the Crown didn't have the strongest case," said Dostaler.

Although Dostaler said she has not seen the Match.com profile in question, she believes the judge made the right decision based on evidence tested in court.

"I think the judge's decision was proper and we had already had enough information to discredit (the complainant) and she was discredited in court," she said. "(My client) is absolutely upset because he feels this is a distraction of his acquittal."

The accused was found guilty of the lesser charge of assault and pleaded guilty to two breaches after the Crown finished its case.

The matter returns to court March 19.

JOE LOFARO/METRO WITH FILES FROM TORSTAR NEWS SERVICE

CFL

Ottawa Redblacks sign wide receiver Travon Patterson

The Ottawa Redblacks have added another wide receiver to its football squad in the speedy Travon Patterson, who has CFL experience with Montreal and B.C.

The 25-year-old from Long Beach, Calif., played college ball with the University of Southern California (USC) from 2006-2010, transferring to the University of Colorado for his senior year, where he caught for 20 passes and 127 yards with one touchdown in eight games.

The five-foot-nine, 170-pound athlete also competed for USC track team, running the leadoff leg for the school's 400-metre relay team.

The Redblacks open training camp in June and open their inaugural season July 3 when they visit the Winnipeg Blue Bombers. The Redblacks play their home opener at the brand new TD Place at Lansdowne Park July 18 against the Toronto Argonauts.

TREVOR GREENWAY/METRO

Light Rail Transit

'Unanticipated soil conditions' the cause of Waller Street collapse

Rideau Transit Group (RTG) has confirmed that the road collapse on Waller Street — the three-metre-by-three-metre hole that opened up five metres above the tunneling excavation for the city's Light Rail Transit (LRT) system Feb. 20 — was caused by "unanticipated soil conditions."

Because geotechnical risk is the responsibility of RTG, it has commenced a claim through its insurance to pay for any costs associated with the collapse.

RTG will begin removing a bulkhead structure today so that tunneling for the LRT can resume.

In the meantime, storm and sanitary sewer lines have been reconnected and full access to 50 Laurier Street has been restored.

Excavation continues at the other two digging sites with the West Portal at 52 metres and the Central Shaft at 32 metres.

TREVOR GREENWAY/METRO

National Arts Centre English Theatre unveils season with flare

Trying to be the best. The NAC English Theatre aims to be a showcase theatre for all of Canada

TANYA KIRNISHNI
ottawa@metronews.ca

It looked like the carnival had come to the National Arts Centre Tuesday, as the English Theatre used Ouija boards, card tricks and magic balls to unveil the new season.

The quirky costumes and props set the tone for an exciting lineup of performances.

"We travel the country year round to seek out fantastic productions to thrill our audience the way that they have thrilled us," said Jillian Keiley, artistic director of the NAC English Theatre.

The heart of the season is the yearly Ensemble, which is composed of performers from across the country. Program choices are inspired by the actors in the Ensemble.

"We brought them together because of their shared capacity for wit, their fiery passion and their political intelligence," Keiley added.

From the international canon of theatrical comedy, The Importance of Being Earnest will start off the season, featuring Ensemble member Alex McCooeye as Algernon.

"I love doing good stories, being part of storytelling," said Natasha Greenblatt, another member of the Ensemble. With a strong background in children's theatre, Greenblatt will play the title character in Alice Through the Looking-Glass as part of NAC's Family Series.

Alex McCooeye, Ensemble member starring in The Importance of Being Earnest, and NAC English Theatre Artistic Director Jillian Keiley summon the spirit of Oscar Wilde with the Ouija board to introduce the play during the unveiling of their season Tuesday. TANYA KIRNISHNI/FOR METRO

Other productions include Stuff Happens, a political drama about the Iraq invasion of 2003, Take Me Back to Jefferson, a family odyssey set along the Mississippi, as well as Needles and Opium, an emotional journey about creative struggle.

From the Studio Series, audiences can look forward to the musical production of Do You Want What I Have Got? A Craigslist Cantata, the coming out story of Obaabarima, and Dostoevsky's dark satire in The Double.

"Canada is our stage, so we do our part to make stronger works on Canadian stages," said Keiley, highlighting NAC's initiative The Collaborations. By investing in works across the country, English Theatre encourages growth in the Canadian canon of theatrical works. Through the Ensemble program and The Collaborations, the NAC English Theatre aims to be a showcase theatre for all of Canada.

Excited to share these shows with the audience, Keiley said, "They will be surprised by the breadth and depth of the season."

Indie rockers Cuff the Duke to play at the NAC

Whatever your musical tastes, the latest band coming to Ottawa is sure to draw in a crowd.

Alternative indie rock group Cuff the Duke will be playing at the National Arts Centre on March 15.

Cuff the Duke has just released its latest album Union, which follows on the heels of Morning Comes, the first of the two-part album. Morning Comes was nominated for Juno's Adult Alternative Album of the Year in 2012 — the band's second Juno nomination since Way Down Here in 2010.

"We decided to do this concept theme so that visually when you put the records side by side they go together," says Wayne Petti, vocalist and guitarist for the band. There is also musical interaction between the two albums as some of the songs on Union are responses to songs on Morning Comes.

"Morning Comes is reflective, looking back and criticizing, while Union is more about looking forward," says Petti, explaining the juxtaposition of the two records.

Oshawa's Cuff the Duke plays its first NAC headlining show March 15. CONTRIBUTED

"Union is most consistently electric based — there is a little more sonic experimentation."

Cuff the Duke has a signature acoustic style, but in this latest album Petti says the band wanted to explore some interesting instrumental sounds.

"We've been touring for 12 years," says Petti.

The band was formed in Oshawa but has since made Toronto its home. Although Cuff the Duke has opened for other groups before, its members are excited to be playing their own show at the NAC for the first time.

Tickets can be purchased for $25 on the NAC website.

TANYA KIRNISHNI/FOR METRO

Ottawa area jobs expected to flatline in Q2: Survey

Stalled growth. 77% of local employers aren't looking to staff up, research shows

JOE LOFARO
joe.lofaro@metronews.ca

Job hunters in the Ottawa area might be out of luck as a new survey is projecting the employment outlook in the nation's capital to be "flat" in the second quarter of 2014.

Results from the Manpower Employment Outlook Survey, released Tuesday, shows that 77 per cent of area employers are not planning on hiring new staff through the next quarter, from April to June. Only about 13 per cent are expected to add to their payrolls, while seven per cent are anticipating cutbacks.

About three per cent of employers are unsure about their hiring intentions, according to the survey.

More than 1,900 public and private sector employers across Canada participated in the survey.

On a national scale, 78 per cent of employers plan to maintain their existing staffing levels for the next quarter, while 16 per cent plan to increase their staffing levels, according to the survey data.

"With seasonal variations removed from the data, Ottawa's second quarter Net Employment Outlook of -2 per cent is a slight decrease ... when compared to the previous quarterly Outlook," said Lisa MacInnis of Manpower's Kingston office in a news release. "It is also a 10 percentage point decrease from the Outlook reported during the same time last year, indicating a limited hiring pace for the upcoming months."

The decreases in Ottawa are in line with stalled growth forecast for Ontario and Quebec for the upcoming quarter.

"There are some bright spots amidst the slow growth, with employers in the Construction and Transportation & Public Utilities industry sectors expecting the strongest gains," Byrne Luft, vice-president of operations for Manpower Canada, said in the release.

Any good news?

"There are some bright spots amidst the slow growth, with employers in the Construction and Transportation & Public Utilities industry sectors expecting the strongest gains."

Byrne Luft, Manpower Canada's vice-president of operations

Results from the Manpower Employment Outlook Survey, released Tuesday, suggest that employment outlook in the nation's capital will be "flat" in the second quarter of 2014. CONTRIBUTED

The bright side, sort of ...

Gov't growth will keep us afloat: Prof.

Despite an expected hiring freeze in the Ottawa area from April to June, a University of Ottawa economics professor says he is optimistic about the city's long-term employment prospects.

"The government is a big industry. Even though they are cutting (back), in the long run they are going to keep growing," said Gilles Grenier. "It's a large metropolitan area ... and people prefer Ottawa to bigger places like Toronto and Montreal because there's less congestion and they can still work from a close distance to their home."

The federal government will remain a major employer in the region along with the industries that are attached to it, such as the high-tech sector, he added.

"I would say the region is having a good future, (but) maybe I'm the optimistic kind," he said.

Unfortunately, the April to June period is a crucial time when students fresh out of the gates of university are hungry for jobs. Grenier says they will need to be patient until the hiring outlook improves.

"The university population is very high these days and probably the prospects for the students are not as good now as they were maybe 10 years ago," said Grenier. "Sometimes students are willing to wait up to one year to get a good job. That's part of life."

JOE LOFARO/METRO

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‘Miracle baby’ is doing well — and has a name

Mireya. Halifax mother whose newborn was declared dead settled on a Spanish name that means ‘miracle’

RUTH DAVENPORT
Metro in Halifax

The mother of the “miracle baby” born at the IWK Health Centre in Halifax this week says the baby appears to be making a steady recovery — and yes, she has a name.

Robin Cyr’s child wasn’t breathing when she was delivered around 3 a.m. March 8 after a complicated birth.

The baby was declared dead after about 25 minutes, Cyr said — but suddenly started breathing on her own after staff stopped trying to revive her.

The newborn baby girl on Sunday in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO IN HALIFAX

On Tuesday, Cyr said she had settled on a name for the big newborn: Mireya, a Spanish name that means “miracle.”

“I’ve seen her open her eyes for the first time,” said Cyr, 34, during a phone conversation Tuesday afternoon, adding that doctors were pleased with the baby’s progress. “In maybe another four or five hours, I’ll get to hold her for the first time.”

Since Monday, when Metro first published Cyr’s story, it has been picked up by international media, including the British publication the Daily Mail and the New York Daily News.

But Cyr said she still hasn’t processed the reality of almost having lost her fourth child.

“It didn’t hit me yet,” she said, adding she’s been “very busy” with visits from friends and concerned relatives — all of which she’s trying to juggle around caring for her newborn.

Quoted

“It’s just kind of emotional ... just because of everything (Cyr’s) been going through. It’s just a hard thing to grasp.”

Anita Richards, “miracle baby” Mireya’s aunt

PQ. Independent Quebec would welcome Canadian tourists, Marois says

An independent Quebec would have no borders and would open its arms to tourists from Canada, Parti Québécois Leader Pauline Marois said Tuesday.

Marois was asked on the campaign trail whether an independent Quebec would be more attractive as a tourism destination.

“It won’t change our landscapes, that’s for sure,” she said. “We’ll still be able to go see the Rockies out west and go to Prince Edward Island and they’ll be able to come here. There won’t be any borders or tolls.”

Marois then said an independent Quebec would have more latitude and freedom but she did not immediately elaborate on the border issue.

Later in the day, Marois sought to clarify the border comments when she agreed with a reporter’s assertion that an independent Quebec would be like the European Union, where there is free movement of citizens.

“That’s what it means, but that’s not to say there wouldn’t be a (Quebec) citizenship and … a passport,” Marois said.

For his part, Liberal Leader Philippe Couillard said the PQ’s constant musings on Quebec’s future only serve to hurt the province.

“Every time they hint at a referendum, Quebec is weakened,” he said at a campaign stop in Trois-Rivières.

THE CANADIAN PRESS

Parti Québécois Leader Pauline Marois walks to her campaign bus Tuesday after a press conference in Bécancour, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

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Cyberbullies have grown up and are now in universities

Study findings. One in five undergraduates has been cyberbullied through Facebook, text messages and email

Research out of Simon Fraser University suggests that the online abuse that has been so prevalent on the teenage battlefield is carrying through to the arena of adults at Canadian universities.

Papers to be presented at a symposium in Vancouver on Wednesday say that undergraduate students are harassing their peers on social media, instructors are on the receiving end of student-led online smear campaigns, and faculty members are belittling their colleagues in emails.

"When you look at cyberbullying among younger kids, or kids in middle and high school, usually by age 15, it dies off," said education Prof. Wanda Cassidy, who worked on the study with two others.

The research team surveyed over 2,000 people and interviewed 30 participants from four Canadian universities — two in British Columbia, one on the Prairies and one in Atlantic Canada.

Some students said they were the target of crude slurs.

Faculty members — mostly women — also said they've been harassed online by students or colleagues.

Cassidy said the emergence of cyberbullying in an older population comes with grown-up consequences, such as ruined professional relationships or reputations, anxiety, sleep deprivation and thoughts of suicide.

She added that the website Rate My Professors is particularly distressing for instructors.

Just over half of the surveyed students and faculty said they tried to stop cyberbullying. But less than half of them reported success. Cassidy said that's partly because few university policies specifically address online bullying.

One of the researchers, Simon Fraser criminology professor emerita Margaret Jackson said that many of the universities seemed dubious that online harassment in higher education should be considered cyberbullying.

THE CANADIAN PRESS

Quoted

"Called me a 'spoiled little rich bitch,' mocked my bulimia ... messaged me multiple times telling me ... I was nothing more than 'a clingy bitch, slut and loser.' "

A student interviewed in a focus group

Turkish teen's death fans anti-government protests

Family members cry as people carry the coffin of Berkin Elvan in Istanbul, Turkey, Tuesday. The Turkish teenager had been in a coma since being hit in the head by a tear gas canister fired by police during last summer's anti-government protests. His family said Berkin, who turned 15 in January, was on his way to a shop to buy bread when he was caught up in a street protest and struck in the head with a high-velocity gas canister. Turkish police fired tear gas, water cannons and rubber bullets at hundreds of protesters hurling stones and bottles Tuesday in central Ankara, the capital, and Istanbul, the largest city, as unrest swelled within hours of news that Elvan had died in an Istanbul hospital nine months after losing consciousness with a fractured skull. Protests were reported in at least nine other cities.

EMRAH GUREL/THE ASSOCIATED PRESS

Senate spying. Obama backs probe of CIA: White House

The White House says President Barack Obama agrees with CIA Director John Brennan that it's important to get to the bottom of whether the spy agency violated any laws with respect to a Senate panel's investigation.

White House spokesman Jay Carney isn't taking sides between the CIA and Senate Intelligence Committee Chairwoman Dianne Feinstein, who alleges the CIA improperly accessed Senate computers.

Carney says he can't comment because there's an ongoing review by an inspector general and that the matter has also been referred to the Justice Department.

Carney also says there have been periodic disputes about the Senate panel's allegations that the CIA used torture during the Bush administration. He says Obama supports that investigation and wants its findings declassified. THE ASSOCIATED PRESS

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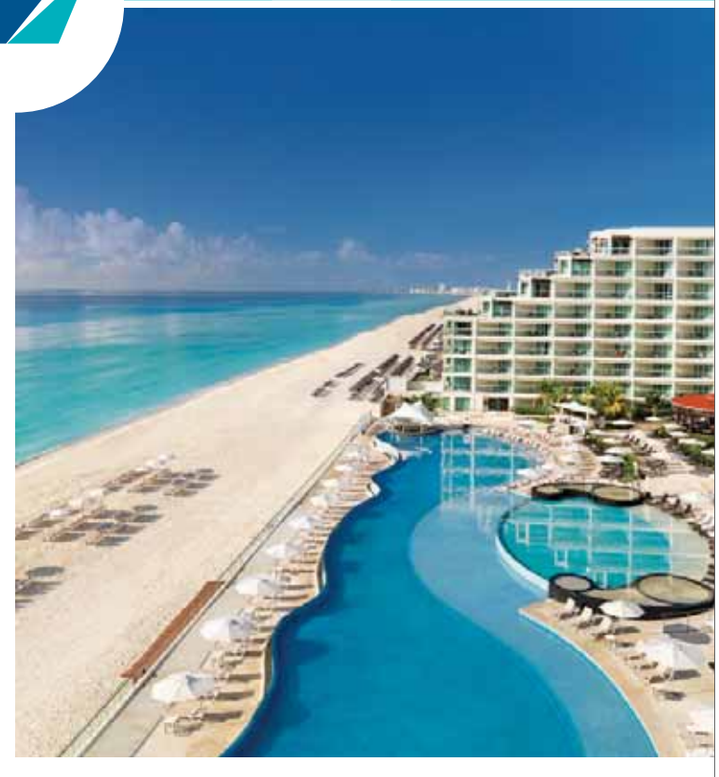

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UFO reports down, still three a day

Ontario leads. Almost 1,200 alleged sightings across Canada in 2013

UFO sightings in 2013 may not have reached the hype they did in 2012, but there were still almost 1,200 sightings in Canada last year, according to a list compiled by the Winnipeg-based group Ufology Research.

In total, there were 1,180 UFO sightings in Canada, says the summary of results, the second-highest yearly number of UFO sightings in Canada in the last 25 years.

The highest was in 2012, with about 2,000 cases reported. "This was likely an anomaly due to many people who were excited about the so-called "end of the world" in 2012 according to the Mayan Calendar, and reporting many lights and objects as UFOs," said the authors in a statement.

"The continued reporting of UFOs by the public and the overall trend of increasing yearly numbers of UFO reports suggests a need for further examination of the phenomenon by social, medical and/or physical scientists."

METRO IN WINNIPEG

Extraterrestrial?

The average UFO sighting in 2013 lasted about 13 minutes.

- Ontario had more than 40 per cent of all Canadian UFO reports.
- About 14 per cent of all UFO reports were classified as unexplained.

Trapped by cat in bedroom, family dials 911

The Oregon owners of a 22-pound house cat that trapped them in their bedroom after attacking their baby say they're not giving up on their pet and are getting it medical attention and therapy.

Two days after police arrived to subdue the 4-year-old part-Himalayan cat, owner Lee Palmer of Portland said he's taking the feline to a veterinarian. A pet psychologist also is due at the house to see the cat, named Lux.

"We're not getting rid of him right now," Palmer said. "He's been part of our family for a long time."

Palmer says the animal attacked his 7-month-old child after the baby pulled its tail. The child suffered a few scratches on the forehead.

On the 911 call, Palmer tells the dispatcher he kicked the cat "in the rear" to protect his child. Palmer says the animal then "just went off over the edge," leading Palmer and his girlfriend to barricade themselves, their baby and the family dog in the bedroom for safety.

The cat can be heard screeching in the background of the call as Palmer says in a panicked voice: "He's charging us. He's at our bedroom door." Palmer also tells the dispatcher the cat has been violent in the past.

Officers used a dog snare to capture the animal, and placed it in a crate.

The cat attack story gained attention after police put out a news release about it Monday. Palmer says people reached out wanting to adopt Lux, but the family is not taking them up on it.

THE ASSOCIATED PRESS

I just want your extra time

NDP Leader Tom Mulcair gets a kiss from sled dog Bilbo at Muk Tuk Kennels in Takhini River, Yukon, Tuesday. Mulcair is in the Yukon until Thursday. VINCE FEDEROFF/WHITEHORSE STAR/THE CANADIAN PRESS

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Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

These images released by Malaysian police during a news conference in Sepang, Malaysia, on Tuesday, show, at left, an Iranian identified by Malaysian police as Pouria Nour Mohammad Mehrdad, who Malaysian authorities say is 19, although Interpol's information indicated an age of 18, and 29-year-old Iranian Delavar Seyedmohammaderza. The men boarded the now missing Malaysia Airlines jet MH370 with stolen passports. MALAYSIAN POLICE/THE ASSOCIATED PRESS

Missing jet last spotted off course: Malaysian military

Flight MH370. Hijacking, sabotage and the pilots' psychological health are being considered

The missing Boeing 777 jetliner changed course over the sea, crossed Malaysia and reached the Strait of Malacca — hundreds of miles from its last position recorded by civilian authorities, Malaysian military officials said Tuesday, citing military radar data.

The development added confusion and mystery into what is emerging as one of most puzzling aviation incidents of recent time, and it has raised questions about why the Malaysia Airlines flight apparently was not transmitting signals detectable by civilian radar or sending distress calls after it turned back.

Many experts have been working on the assumption there was a catastrophic event on the flight — such as an explosion, engine failure, terrorist attack, extreme turbulence, pilot error or even suicide. The director of the CIA said in Washington that he still would not rule out terrorism.

Flight MH370, carrying 239 people, took off from Kuala Lumpur at 12:41 a.m. Saturday, bound for Beijing. Authorities initially said its last contact with ground controllers was less than an hour into the flight at a height of 35,000 feet, when the plane was somewhere between the east coast of Malaysia and Vietnam. THE ASSOCIATED PRESS

Proficiency exams

A new kind of surrogate

Police in London, Ont., have charged three people who allegedly used fake passports to write English proficiency exams for foreign students who paid them $7,000 for the service. The exams are among the qualifications required for acceptance into colleges and universities in Canada. Police say some foreign students unable to pass the exam hired a surrogate to write the test on their behalf. THE CANADIAN PRESS

Venezuela protests

Mediation a possibility for Biden: Source

U.S. Vice-President Joe Biden has been discussing the "difficult situation" in Venezuela with other Latin American leaders attending Chile's presidential inauguration on Tuesday, and mentioned the possibility of mediation by third parties, according to a senior U.S. administration official.

The official, who was not authorized to speak on the record, said Biden told leaders that democracy is more than holding elections — that human rights, including the right to protest, also must be respected.

The official said Biden told them he stood by remarks this week to Chile's El Mercurio newspaper suggesting Venezuela's government is using "armed vigilantes" against peaceful protesters and accused it of "concocting false and outlandish conspiracy theories" of U.S. involvement.

THE ASSOCIATED PRESS

In Brooklyn, N.Y.

Haitians sue UN over cholera outbreak

Nearly 1,500 Haitians filed a lawsuit Tuesday seeking compensation from the United Nations for victims of a cholera outbreak that health officials say has killed more than 8,000 people and sickened over 600,000 in the impoverished Caribbean nation.

Scientific studies have shown that cholera was likely introduced in Haiti by UN peacekeepers from Nepal, where the disease is endemic.

UN Secretary-General Ban Ki-moon rejected a previous claim for compensation for cholera victims, citing diplomatic immunity, but announced a $2.27 billion initiative to help eradicate cholera in Haiti in December 2012.

The lawsuit filed Tuesday in Brooklyn federal court seeks compensations for deaths and illnesses and funding for clean water in Haiti.

THE ASSOCIATED PRESS

Libs to propose MPP wage freeze till 2019

'Cynical political play'. Opposition calls move a 'populist message' ahead of possible spring election

Members of the Ontario legislature won't get a pay raise before 2019 under proposed legislation that the opposition parties said Tuesday was an attempt by the Liberal government to distract from its "sorry" record ahead of a possible spring election.

The Canadian Press has learned the Liberals will introduce the bill next week to avoid an automatic pay increase for MPPs of five to six per cent that would kick in April 1.

There's little chance the bill could pass before the last legislated pay freeze expires, but government sources said the salary hike would not go through as long as the new legislation is on the order paper.

The legislation will extend the pay freeze — which was first imposed in 2009 and then renewed in 2012 — until 2019, and even then MPPs would only get a raise if the provincial budget is balanced.

The Liberals face an $11.7-billion deficit, and the sources said freezing the pay of politicians and their non-unionized political staff is the government's way of leading by example in reducing government spending.

The opposition parties, however, said the MPP wage freeze was more about distracting voters from the Liberals' poor record in government.

"They've got two police investigations on them, a whole bunch of scandals lined up behind them from eHealth to the gas plants scandals, and this is an attempt to take the attention off what is a pretty bad record on the part of this government," said NDP house leader Gilles Bisson. "They're trying to position themselves on a populist message in light of what could be an election this spring."

THE CANADIAN PRESS

In numbers

MPPs are supposed to make 75 per cent of what Members of Parliament make, but have been capped at $116,500 a year for the past five years.

- **A raise of up to six per cent** would be due this year to maintain that ratio.
- **MPs got a 1.6 per cent raise in 2013-14** for the first time in three years, and have a base pay of $160,200.
- **Ontario cabinet ministers earn $165,850,** while Premier Kathleen Wynne is paid $208,974 a year.
- **The bill would extended a pay freeze imposed in 2009,** renewed in 2012.
- **Currently $11.7 billion in the red,** the provincial budget would have to be balanced for MPPs to get a pay raise, under the bill.

Pistorius fired guns in public twice, trial hears

Oscar Pistorius' friend testified Tuesday the Olympian twice fired guns in public in the six months before he killed his girlfriend, once without warning through the sunroof of a moving car following an angry altercation with a policeman who had handled Pistorius' pistol.

Darren Fresco said he asked Pistorius immediately after the sunroof shooting if he was "mad" and the world-famous runner "just laughed" at him.

Pistorius denies shooting the gun in the car, although now two witnesses say he did.

Fresco's testimony portrayed Pistorius as a reckless hothead who asked Fresco to take the blame for a gun being fired accidentally under a table in a Johannesburg restaurant.

But Fresco's account appeared to be undermined when Pistorius' defence lawyer created doubts over Fresco's recollection of some events. Fresco responded to a number of questions from Barry Roux on cross-examination by saying he didn't remember. He also said he'd been following some previous testimony in the case on Twitter, which witnesses should not do.

Oscar Pistorius, right, leaves court in Pretoria, South Africa, on Tuesday.

THEMBA HADEBE/THE ASSOCIATED PRESS

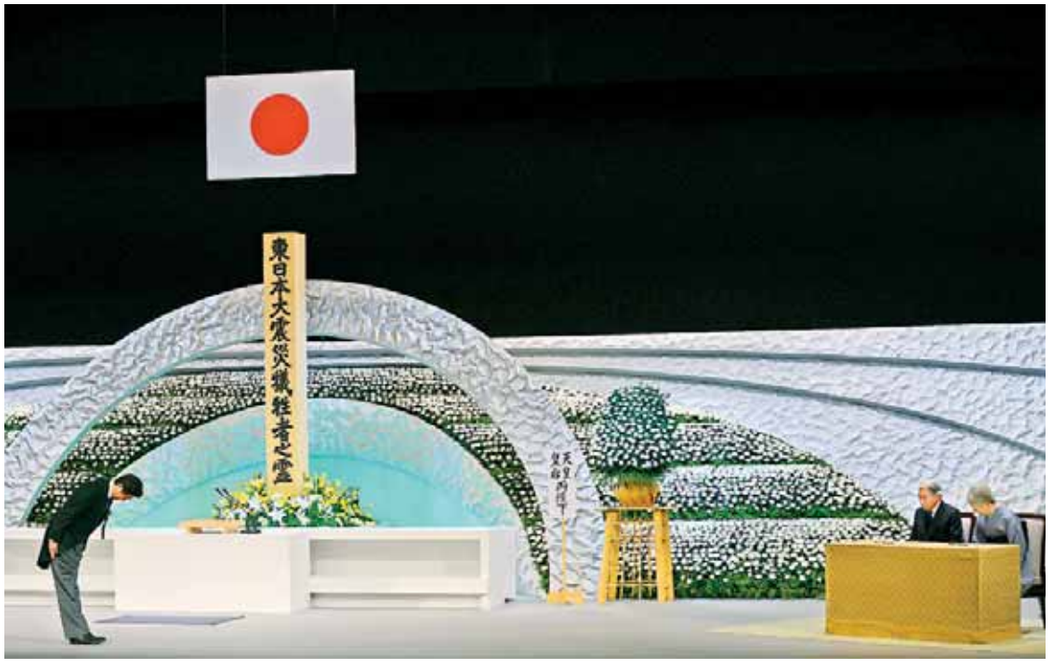
Pistorius, 27, is on trial for murder for the shooting death of girlfriend Reeva Steenkamp on Valentine's Day last year, but also faces two firearm charges for shooting in public and a third firearm charge for illegal possession of ammunition.

Pistorius, the first double-amputee runner to compete at the Olympics, pleaded not guilty to all four charges against him. He specifically denies that he fired the gun in the car, Roux said.

Pistorius' demeanour in court was drastically different Tuesday to the retching defendant who needed a bucket to throw up in on Monday as he heard a pathologist give graphic details of the injuries he inflicted on his girlfriend when he shot her multiple times through a toilet door in his home on Feb. 14 last year.

This time, instead of hunched over and heaving, Pistorius mostly sat with his hands in his lap in the Pretoria courtroom and often made notes. He denies murder in Steenkamp's killing, saying he shot her by mistake thinking she was a dangerous intruder.

THE ASSOCIATED PRESS



Japan pays its respects in tsunami's third anniversary

Japanese Prime Minister Shinzo Abe, left, bows to Emperor Akihito, second right, and Empress Michiko in front of the altar for the victims of the March 11, 2011, earthquake and tsunami at the national memorial service in Tokyo, Japan, Tuesday, March 11, 2014. Japan marked the third anniversary of a devastating earthquake and tsunami that left nearly 19,000 people dead or missing, turned coastal communities into wasteland and triggered a nuclear crisis. FRANCK ROBICHON/POOL/THE ASSOCIATED PRESS

The Biebs in court. New trial date set for May 5

A May 5 trial date was set Tuesday for Justin Bieber in the Florida case charging him with driving under the influence, resisting arrest and possessing an invalid driver's license.

Prosecutor Daniel Diaz-Balart also said at a brief hearing that no plea offer has been made for the 20-year-old pop singer, who has pleaded not guilty. Bieber's attorney, Roy Black, also said there was no plea deal on the table and none had been rejected, even though first offenders in most similar cases are offered a plea to avoid potential jail time.

"All we're going to say is, we're going to prepare for a trial and that Mr. Bieber has pleaded not guilty," Black told reporters.

The initial March trial date was postponed while attorneys for news organizations and Bieber wrestled with release of police videos of him giving a urine sample for a drug test. Those videos were made public last week with sensitive segments blacked out.

Bieber and R&B singer Khalil Amir Sharieff were arrested Jan. 23 in Miami Beach after what police called an illegal drag race with high-end sports cars. Breath tests showed Bieber's blood-alcohol content was below the 0.02 limit for underage drivers. Other tests detected marijuana and Xanax.

THE ASSOCIATED PRESS

Facts

Bieber and R&B singer Khalil Amir Sharieff were arrested Jan. 23 in Miami Beach

- Police called it an illegal drag race with high-end sports cars.
- Tests detected marijuana and Xanax, but a breath test showed Bieber was under the alcohol limit.

Israeli airstrike kills three Gaza militants

An Israeli airstrike killed three Gaza militants on Tuesday near an area where an unmanned Israeli surveillance aircraft crashed earlier in the day, an official in the Palestinian territory said. The Israeli military said it was responding to mortar fire.

The Israeli military said the Skylark drone experienced a technical malfunction and it was investigating what caused it to go down.

Israel uses drones to gather intelligence on militant activity in Gaza, a territory governed by the Palestinian Islamic militant group Hamas, and where several other armed groups also operate.

Hamas militants said they recovered the aircraft in southern Gaza and handed it over to security forces. No further details were immediately available.

The Israeli army would not say whether the drone's fall into Hamas' hands could provide secrets or technology to the militants. The Skylark, however, is known to have safeguards to prevent disclosure of information to unauthorized personnel.

Shortly after the drone crashed, the Islamic Jihad movement said an Israeli airstrike struck the area, killing three members belonging to the group.

The Israeli military said it was responding to mortar fire that had just taken place toward Israel.

THE ASSOCIATED PRESS

Shoe-bomb plotter testifies in bin Laden's spokesman trial

A British man testifying in the terror trial of Osama bin Laden's son-in-law said Tuesday he flew on planes over the Middle East and Europe with explosives in a shoe after the Sept. 11 attacks but didn't detonate them because he was saving the bomb for an attack over America.

Saajid Badat revealed details of the plot as he testified for a second day at the New York City trial of Sulaiman Abu Ghaith, bin Laden's son-in-law and al-Qaida's spokesman after the Sept. 11, 2001, attacks.

Badat testified he wore a shoe bomb on at least one flight from Karachi, Pakistan, to Holland and another from Holland to Great Britain in December 2001, choosing not to detonate it because he wanted to use it for an attack against an American aircraft.

Prosecutors are using the 34-year-old Badat's testimony to show Abu Ghaith played a pivotal role with al-Qaida when he warned Americans ``the storm of aircrafts will not stop'' on videotapes widely distributed after the Sept. 11 attacks. THE ASSOCIATED PRESS

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Wednesday, March 19, 2014 @ 1:30p.m.
Northern Lights Canada
1900 City Park Drive, Suite 100, Ottawa

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This information session is available in English only. Afin d'obtenir des renseignements en français, veuillez téléphone au 613-688-3670 ou par courriel à ninfo@northernlightscanada.ca, ou visitez le www.northernlightscanada.ca.

Funding for this information session is provided by the Government of Canada
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Critch's corner

Newfoundland native Mark Critch believes negative perceptions of East Coasters are becoming a thing of the past. JEFF HARPER/METRO IN HALIFAX

It's outdated: 22 Minutes' Mark Critch on the East Coast typecast

Atlantic Canada is known for its funny folk.

From Rick Mercer to Cathy Jones, East Coast comics seem second-to-none in bringing Canadians to gales and guffaws.

But when it comes to the Atlantic Canadian stereotype, 22 Minutes veteran funnyman and St. John's, N.L., native Mark Critch gets serious.

Metro News caught up with the comedian in Halifax to hear his thoughts on pigeonholing Atlantic Canadians and whether the East Coast label is changing.

Describe a stereotypical Atlantic Canadian.
I guess a bit of a drinker. Working the system to get a cheque. Happy-go-lucky.

Are they/we crazy? Or is there some merit to these stereotypes?
I don't think so. Anyone who has met a farmer, fisherman or plant worker would know they are hard workers. Seasonal work doesn't mean lazy. Most people who depend on EI to supplement income work a lot harder and longer than the politicians who send out the EI PIs (Employment Insurance Private Investigators).

You're looking at a stereotypical Atlantic Canadian — what do you see?
The "Newfie joke" used to be the guy in the sou'wester, pipe in hand, nodding and winking. I think these days more people think of Rick Mercer or Rex Murphy or Danny Williams when they think of Newfoundland. It's outdated.

How do you think people elsewhere in the country think of you?
Everywhere I go I hear people talking about the job opportunities in oil and gas, the scenery, the music scene, etc. I think a lot of Canadians want to come here and are envious of a place that has such a healthy cultural identity.

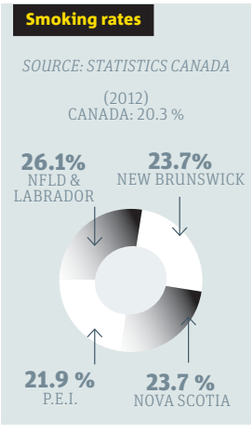
It seems like most of the negative East Coast stereotypes come from East Coasters themselves — are we a self-deprecating bunch? Is it all in our heads?
I disagree. When East Coasters went to the big city to find work in the '50s, '60s and '70s, they were mocked and made fun of because they spoke differently. They weren't as "hip." One of the reasons we have so many comedians is that we quickly learned a sharp wit was handy in these situations. The new generation is proud of who they are and where they are from. And so they should be. I don't hear those jokes anymore when I travel. Used to be the first thing someone in Toronto would do was tell you a Newfie joke. Now they say, "I love Hey Rosetta."

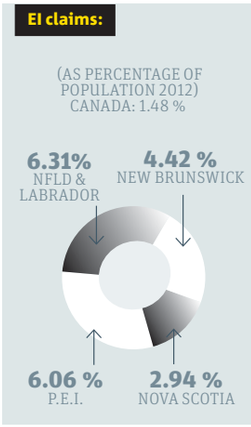
GEORDON OMAND/FOR METRO IN HALIFAX

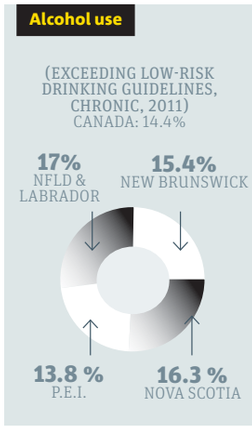
WHO IS AN EAST

Know the East Coast, from least to most. Drinking, smoking, living on lobster and welfare — is this how the rest of Canada sees the East?

RUTH DAVENPORT
Metro in Halifax







In a country the size of Canada, stereotypes are hard to avoid. They're a shortcut to identity, an easy way of distinguishing people in one place from another. British Columbians are left-wing pot-smoking radicals, Albertans are ultra-conservative cowboys and Ontarians believe they're the centre of the universe.

Then there's Atlantic Canada, to most Canadians the home of friendly, roughspun fisherfolk scratching out a living in quaint villages scattered across the lovely expanse of land between Montreal and the ocean.

"I find that they're often envious about when I talk about my visits home, going to the ocean, just the natural beauty and landscape of the Maritimes," said Windsor Junction, N.S., resident Sarah Harper, now living in London, Ont. "They have that postcard image of Peggy's Cove, and that's what the Maritimes is."

It sounds benign — better than being a cowboy, anyway — but experts say there's some unflattering baggage lurking behind that romanticized caricature.

"Packaged in with the stereotype of the fisher is precarious employment, ruralness, hard living, underdevelopment," said Howard Ramos, a professor of sociology and Canadian studies at Halifax's Dalhousie University.

"Those are some of the same things that contribute to stereotypes around drinking, smoking, etc. And they also contribute to some of the reality."

Fact, fiction and the grey areas

Stereotypes are a blend of fact and distortions of fact: To wit, the fishing industry is Atlantic Canada's largest single private employer, but actual fishermen represent only a small percentage of the total population.

Most Atlantic Canadian stereotypes are rooted, in some form, in the region's post-Confederation history as "have not." Social indicators of poverty, such as smoking, alcohol abuse and obesity rates, are highest in the Atlantic provinces, reinforcing perceptions of the region as economically depressed — and insignificant.

"Even when the (groundfish) fishery closed, the rest of Canada didn't seem to have a visceral reaction," said Ramos, referring to the 1990s collapse of cod and groundfish stocks, which sustained the livelihoods of thousands of fishers and processing plant workers. "It was overshadowed by the Quebec referendum, the low Canadian dollar.… When you think that four provinces of the country were affected, that's a surprising lack of concern."

Perhaps the best-known example of an Atlantic Canada brush-off is Prime Minister Stephen Harper's observation in 2006 that the region suffered from a "culture of defeat."

"It's … taking a very complex set of circumstances, psychologically, culturally, attitudinally, and then making a relatively far-reaching stereotypic comment," said

Whose identity is it?

There's a fair bit of this being the ball in our court ... are we going to have our narrative authentically shaped by ourselves or are we going to have it foisted on us by someone else?

Ray Ivany
Chair, Nova Scotia Commission, Building Our New Economy

Will the image of plaid-clad fisherfolk follow East Coasters for generations to come? JEFF HARPER/METRO IN HALIFAX

COASTER?

Fascinating ignorance?

"I think there's a fascination with East Coast culture, the romanticization ... yet a failure to actually get even one step below that facade to get to know the names of our provinces, for example."

Megan Leslie
Halifax MP

Ray Ivany, president of Acadia University and chair of a panel that released a recent sweeping report on Nova Scotia's economic prospects.

Ivany spent 14 months in research and public consultation for the panel's report, and said Nova Scotians definitely suffer from some cultural "fault lines" — but shouldn't let those become the grounds for being overlooked.

"You'd never let somebody else, who barely knows you, declaratively make a statement that defined you," he said. "So why should we allow it as a province or a region?"

The interplay of politics and identity

Stereotypes make great punchlines, but they have real-world implications that are no laughing matter. Halifax MP Megan Leslie says she and her Atlantic counterparts tend to tread carefully around certain issues because of the possibility of reinforcing negative stereotypes.

"Sometimes we're shy about, well, do we really want to go out on this EI thing again," she said. "Because while it is an important issue for us in Atlantic Canada, maybe we are painting ourselves as the poor Atlantic cousins."

Ramos says basic fairness is another reason to confront stereotypes, noting Canada can't dismiss the Atlantic region as the poor cousin while benefiting from its workers and exports.

"If central Canada wants to eat the lobsters, and have the Christmas trees and have the offshore oil and the mineral resources in Labrador, it means this region has to have an infrastructure investment in it from central Canada as well," he said.

Changing the Atlantic Canada stereotype could also have a potential impact on the region's economic future. Ivany's report highlighted a need in Nova Scotia to change negative attitudes towards entrepreneurial success and outsiders to encourage and promote growth.

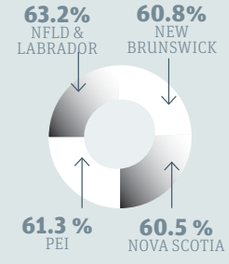
Although the deeply entrenched suspicion towards "come from aways" may be understandable, given a long history of being governed and managed by absentee and often exploitative entities, Ivany said it's time to start being more welcoming — not just "friendly" — to immigrants who come to Atlantic Canada in search of a home.

"The challenge now is to recognize that we've got to be much more welcoming, much more supportive of people from around the world who want to come here and frankly we need to be part of our province," he said.

Ultimately, Harper — the Windsor Junction resident living in Ontario — says Atlantic Canadians need to stop beating up on themselves.

"I don't want to say … there's a bit of an inferiority complex, but I really think there is," she said. "Have a little bit of pride that I think most of the rest of the country is pretty envious."

Body mass index



Your turn

How would you describe an East Coaster?

We asked via social media. Here's what you said:

1) Honest & reliable appearance, laugh lines around eyes & mouth, normal teeth (not artificially white), wearing jeans and plaid.

A lot of happy old guys

2) Courteous, social and can't drive.

Proud Maritimer… salt of the earth. Our look is diverse.

3) Probably clinically depressed & unemployed

Definitely laid back… less stress here.

4) White, middle-aged, redneck, blue-collared, slightly overweight, uninformed, boring, no appreciation of the arts, alcoholic… …full of complaints but no solutions, & completely out of touch with younger generations.

Easy going people, a little behind the times in fashion and trends

5) Friendliest people on the planet.

6) No young ones. They're all out west.

To watch a video of what people at the Halifax Stanfield International Airport had to say about this topic, visit metronews.ca/halifax

PHOTOS: 1: WANDERING MAGPIE /FLICKR, 2: LITHIA LIFE/FLICKR, 3: NITIBOB/FLICKR, 4: LIZ BEDDALL, 5: LIZ BEDDALL, 6: ASHRAFUL KADIR/FLICKR

Wear it with pride

The sou'wester hat trick

There are few Canadian symbols more iconically East Coast than the sou'wester.

The collapsible rain hat — traditionally an oilskin — extends longer in the back to protect the neck from rain and often features a flipped-up front brim gutter for added rain protection.

But few might be aware of the process and protocol involved in donning the yellow bonnet.

Follow these four sacrosanct steps — endorsed by the apocryphal Angus Sou'Wester — and you too can wear the oilskin with East Coast pride:

- Place sou'wester on head, ensuring that the short brim faces the bow with the long brim pointing towards your stern.
- Take pure salt water from the Atlantic Ocean and anoint sou'wester with care.
- Pour one full ounce of black rum or a reasonable facsimile.
- Place left hand over heart and, facing the Atlantic Ocean, down rum in one gulp.

George Jetson had his flying car, Sergey Brin has his driverless car

Soon you'll have one, too. With self-driving cars already being tested, officials are busy deciding on the new rules of the road

While he is clearly no George Jetson, Google co-founder Sergey Brin seems pleased after riding in a driverless car with California Gov. Jerry Brown, far left, and state Senator Alex Padilla, second from left, to a bill signing for driverless cars at Google headquarters in Mountain View, Calif., in 2012. ERIC RISBERG/THE ASSOCIATED PRESS FILE

Sooner or later, consumers will be able to buy cars that rely on computers — not the owner — to do the driving.

With that in mind, the California Department of Motor Vehicles held an initial public hearing Tuesday as it puzzles through how to regulate the public's use of the technology that is still being tested.

Among the complex questions officials wanted to unravel:

How will the state know the cars are safe?

Does a driver even need to be behind the wheel?

Can manufacturers mine data from on board computers to make product pitches based on where the car goes or set insurance rates on how it is driven?

Once the stuff of science fiction, driverless cars could be commercially available by decade's end. Before then, the DMV wants to decide how to integrate the cars — often called autonomous vehicles — onto public roads.

Three other states have passed driverless car laws, but those rules mostly focus on testing.

THE ASSOCIATED PRESS

Setting the standards

California's legislature passed a law in 2012 that mandated rules on testing and public operation, and the DMV expects within weeks to finalize regulations dictating what companies must do to test the technology on public roads.

- Those rules came after Google Inc. already had sent its fleet of Priuses and Lexuses, fitted with an array of sensors including radar and lasers, hundreds of thousands of miles in California.

ADVERTISING FEATURE

How to Sell Your Home Without an Agent and Save the Commission

Ottawa ON - If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves.But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

Inside this report, you'll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know.

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20-year fight

Raw milk activist plows ahead after court loss

A farmer who has spent two decades fighting for the right to sell unpasteurized milk to willing buyers pledged to take his case to the country's highest court Tuesday after losing an appeal against his conviction for breaking public health laws.

Speaking minutes after the Ontario Court of Appeal ruling, an unbowed Michael Schmidt said he would continue with his milk operation and legal battle.

THE CANADIAN PRESS

Market Minute

DOLLAR 90.07¢ (-0.01¢)

TSX 14,267.23 (-34.83)

OIL $100.03 US (-$1.09)

GOLD $1,346.70 US (+$5.20)

Natural gas: $4.59 US (-$0.07)
Dow Jones: 16,351.25 (-67.43)

Take that, polar vortex. Top U.S. airlines flying high despite rough winter

U.S. airlines are still tallying up the damage from this winter's storms, but solid demand for travel means they are likely to weather the rocky start to 2014 in good shape.

Reports from some of the airlines point to higher average prices, and executives say spring bookings look strong.

This has been the worst winter for flight cancellations since the government started keeping track more than 25 years ago. The top four airline companies by miles flown — American, which includes US Airways; United; Delta; and Southwest — have cancelled nearly 75,000 flights this year. Snow and ice storms have fouled schedules at big airports in Chicago, Atlanta, the New York City area and elsewhere.

Since Jan. 1, Delta Air Lines Inc. has cancelled 17,000 flights. In weaker times for the industry, that might have been devastating, said Ed Bastian, the airline's president. Those cancellations will cut revenue by $90 million US and pretax earnings by $55 million US, but Delta still expects to post a record profit for the first quarter, usually the weakest season for airlines, he said.

THE ASSOCIATED PRESS

While airlines raked in the profits, many travellers were stuck waiting after flights were cancelled due to the weather this winter. THE ASSOCIATED PRESS FILE

MUSTN'T FORGET THAT UFO INVASION

JUST SAYIN'

Paul Sullivan
metronews.ca

With all the talk about the zombie apocalypse these days, you don't hear much about UFOs. It's as if they've just vanished from the sky.

Well, you'll be pleased to hear that's not the case.

In fact, here in Canada, the number of UFO sightings has never been higher. They haven't gone away. It's just that nobody cares anymore. We have zombies — and a few leftover sparkling vampires — to worry about.

Despite the shift in phantom phashion, Chris Rutkowski, chief researcher at Ufology Research (formerly Ufology Research of Manitoba, in case you were wondering) keeps grinding out the annual UFO survey.

As you might expect, 2012, the year of the Mayan apocalypse that didn't happen (it's hard keeping all these apocalypses straight), was a record year for UFO sightings. For some reason the Maya, who are Mesoamerican indigenous persons, and UFOs, piloted by Romulan indigenous persons, are often linked.

Anyway, there were 1,981 sightings in 2012, but 2013 was no slouch for sightings either, according to the latest report, fresh from the twilight zone. There were 1,180 UFO sightings reported in Canada in 2013, about three a day.

A triumphant note has a tendency to creep into Rutkowski's otherwise commendable attempt to stay on an even keel. "UFOs have not gone away. This data clearly contradicts comments by those who would assert that UFOs are a 'passing fad' or that UFO sightings are decreasing."

That "passing fad" guy? That would be me.

To his credit, Rutkowski keeps an open mind about what people are seeing. Most cases are, um, nocturnal lights (631). But daylight discs are creeping up (145). You'll also be pleased to know that there are still a few good-old-fashioned close encounters of a third kind, in which actual Romulans are encountered (the more scientifically rigorous Rutkowski calls them "entities"). There are even three close encounters of a *fourth* kind, "an alleged 'abduction' or 'contact' experience." I'll bet.

Most intriguing, a full 14 per cent of all 2013 UFO reports are classified as unexplained. The truth may or may not be out there.

Rutkowski is ready to concede that a failure to recognize conventional or natural objects may be the underlying reason for some of these sightings, but he doesn't rule out the possibility that more secret or classified military exercises are underway — or maybe there's just an increase in Amazon drone test flights.

On the other hand, maybe more nutbars (my word) with an inclination to share have access to the Internet. My favourite possible reason: The downturn in the economy is "leading to an increased desire by some people to look skyward for assistance."

Cosmic panhandling. It's a growing problem.

ZOOM

Left to nature, in plane view

ALEX MACLEAN/BEETLES + HUXLEY

Humanity's mark seen from the air

A "bone yard" of B-52 bombers in Tucson, Ariz. Man's impact on the natural world is revealed in a new exhibit by photographer Alex MacLean. Taken above the earth from a plane, the pictures offer a thought-provoking perspective on human intervention. MacLean's work is being shown at the U.K.'s Beetles + Huxley gallery until March 29.
MWN

Photog's viewpoint

"I try to make my pictures beautiful, but also to get the audience to appreciate the underlying substance of my projects such as globalization and climate change."
Alex MacLean, 67

Patterns sketch out culture and people

An architect by training, MacLean sees orderly yet artistic patterns created by humans from his almost godlike perspective: "The arrangement of man-made objects and markings tell so much about culture and people living on the land. With the distance of the aerial perspective, it's as if you are looking at a perfect model of basic organizational principles." MWN

This colourful image of shipping containers in Portsmouth, Va., is sombre in tone: "It's a perfect metaphor for my concerns about globalization," says MacLean.
ALEX MACLEAN/BEETLES + HUXLEY

Clickbait

LUKE SIMCOE
Metro Online

On March 12, 1989, Tim Berners-Lee presented a paper at the CERN lab in Switzerland, outlining his vision for sharing files between computers. Twenty-five years later, that vision is now woven into our everyday lives in the form of the World Wide Web. So, on the occasion of the web's 25th birthday, here are a few ways to celebrate:

GETTY IMAGES

The Internet Archive (archive.org/web):

Known as the WayBack Machine, this archive of more than 398 billion web pages offers you a sizable glimpse into the web's past. It's kind of like looking at the web's baby photos.

The first website:

Although Berners-Lee had conceived of the web back in 1989, it took him until 1993 to launch the first website. It's still online, and available at info.cern.ch.

The gift of cash:

Berners-Lee could have gotten rich by patenting the technology behind the web, but instead chose to give it to the world as a free resource. So today, why not donate to some of the organizations fighting to keep the web free and open, like OpenMedia.ca or the Electronic Frontier Foundation (eff.org).

Twitter

@metropicks asked: Snowden says NSA is "setting fire to the future of the Internet." Have his leaks affected your web use?

@Zaedum: knowing that countries are using my information without my permission has made me more wary to what I do and which apps I use.

@speirsr: Snowden's leaks have verified what I have suspected about myself. My metadata profile: Subject has no life.

Follow @metropicks and take part in our daily poll.

Comments

RE: Surly Pet Cat Traps U.S. Couple, Who Call 911, published March 11

So the cat has a history of violence and they are keeping it despite it scratching a 7 month old baby's face. Just another example of idiots choosing animals over people.
freebird posted to metronews.ca

They didn't have a quilt to throw on it? **Maple Syrup posted to metronews.ca**

Pissed off cat, I can believe. Gunless Americans???? That's a tough one to swallow.
MP posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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SCENE 2

Another case of hotel as grand old backdrop of frolic and folly

Lobby for fun. Wes Anderson latest director to resort to hotel as centre of action

IN FOCUS
Richard Crouse
scene@metronews.ca

Ralph Fiennes stars as a concierge in Wes Anderson's The Grand Budapest Hotel. CONTRIBUTED

"Grand Hotel... always the same. People come, people go. Nothing ever happens."

That famous line from the Greta Garbo film Grand Hotel is only half right. Hundreds of movies have used hotels as a backdrop for the action because people come, people go, but despite the quote's assertion, there's always something happening.

This weekend's The Grand Budapest Hotel is a case in point. Starring Ralph Fiennes as a concierge at a European hotel between the world wars, it features an all-star cast, including Bill Murray, Owen Wilson, Harvey Keitel and Edward Norton. They are all part of the fabric of the hotel's history, which includes assassins, murder, riches and a mysterious painting.

Hollywood has always recognized that the transient nature of hotels makes for great drama.

New York City's Plaza Hotel has played host to many famous movie scenes. Everything from Barefoot in the Park to Funny Girl to The Great Gatsby has used the iconic hotel as a backdrop, but it is probably best known as a location for North by Northwest. In the Alfred Hitchcock film, Roger O. Thornhill (Cary Grant) is mistaken for a government agent and kidnapped from the ornate lobby.

The opening shot of Goldfinger features a stunning aerial view of Miami's Fontainebleau Hotel, which at the time was the most luxurious guesthouse on Miami Beach. Later in the film, Bond girl Jill Masterson (Shirley Eaton) dies of skin asphyxiation inside the hotel after henchman Oddjob (Harold Sakata) coats her whole body in gold paint.

In the 1920s the Hotel del Coronado was a famous weekend getaway for Hollywood stars like Mae West, Charlie Chaplin, Clark Gable and Errol Flynn, but the Victorian wooden beach resort found fame as the setting for several scenes in Some Like It Hot. Located on San Diego Bay across from San Diego, the beachfront location was the scene of one of the film's most famous lines. When Jerry (Jack Lemmon) first spies Sugar Kane (Marilyn Monroe) sashaying through the sand, he says, "Look how she moves! It's like Jell-O on springs."

Stephen King was inspired to write The Shining after staying at the 140-room Stanley Hotel in Colorado. "I think a lot of things happened right here in this particular hotel over the years," says Dick Hallorann (Scatman Crothers) in the film version. "And not all of 'em was good."

The Stanley has been used as a location for Dumb and Dumber and other films, but Stanley Kubrick chose not to showcase the place in his 1980 adaptation of the novel. Instead, much to King's disappointment, he used Oregon's Timberline Lodge as a stand-in for the film's fictional Overlook Hotel.

True Detective demand crashes HBO Go

Woody Harrelson, left, and Matthew McConaughey in HBO's True Detective.
JIM BRIDGES/HBO/THE ASSOCIATED PRESS

If you're one of those who have no idea how True Detective ended Sunday night — whether or not Matthew McConaughey and Woody Harrelson located the Yellow King — you're not alone. Last night so many people were trying to log onto the on-demand service HBO Go that the site crashed. Left with nothing to fill their life with, they were forced to mobilize the old fashioned way: By complaining on Twitter and hoping some journo screengrabs them.

Does this mean a seismic shift in HBO Go's rules? Currently they're shockingly lax, given that they're a major conglomerate who can do a show with a famous actor destined for his first Oscar. If you have an HBO Go subscription, you can share it with up to five others, and their usage will not interfere with your own. Predictably, many have done just that, and the no doubt many duplicate accounts no doubt led to a serious clog.

But don't freak and order your own pricy HBO subscription. No less than HBO CEO Richard Plepler has said as recently as January that he's cool with the code sharing. "It's not that we aren't unmindful of it, but it has no real effect on our business," he crowed during a BuzzFeed event. He looks at it as marketing, allowing the content to spread more easily. After all, to get HBO Go you have to become an HBO subscriber. Of course, at this point, how many of you are still cable subscribers?

MATT PRIGGE/METRO WORLD NEWS

The Husband a triangle with an edge

Interview. Dark story is about reclaiming masculinity, director Bruce McDonald says

RICHARD CROUSE
scene@metronews.ca

The Husband begins with a premise we've all heard before, a romantic triangle. There's a husband, a wife and a lover but, as director Bruce McDonald points out, "in this case the lover is fourteen years old and the wife is in jail."

The movie is a dark dramedy about Henry, (Maxwell McCabe-Lokos, who also co-wrote the script), struggling to deal with the shame he feels when his wife is jailed for having an affair with a minor.

"The script really tries to understand what the male goes through in this crazy situation," says McDonald. "It's about regaining your mojo, about reclaiming your masculinity and power and it was written as a suspense story. There was this 'What's this guy going to do' thing all the way along. It was set up as a revenge movie. We meet our character and he is going through his day-to-day and one day, on the street, he sees the kid. The kid that did the deed. That sets off the movie, so it's this cat and mouse game throughout the whole movie. I just loved the way it was constructed and the suspense of it. What is our character Henry going to do when he finally confronts the kid?

"He begins to do irrational things. First he's trying to befriend this kid and get on his good side. To do what? And then other elements come into play where he is preparing something that you might think is a violent end to this confrontation. Henry is a mysterious and enigmatic character looking for some kind of closure on being the humiliated, cuckold husband."

The double shame of a wife's affair

"In this case the lover is fourteen years old and the wife is in jail."

Director Bruce McDonald describes the situation at the heart of The Husband

The edgy film premiered at the Toronto International Film Festival in 2013. McDonald admits to being "very surprised at the reaction."

"People were very taken with this movie," he says. "They went in deep. I think they loved the oddness and the suspense of the story. They loved the situation and I think they loved how authentic and true it seemed to be in terms of the performances by Maxwell and Sarah Allen.

"Usually at the festival there's two or three screenings. In this case the screening venues kept getting bigger and bigger which is always a bit frightening because the first screening is usually well attended and by the third you're not quite sure what's going to happen but our third screening was packed to the rafters."

Maxwell McCabe-Lokos stars as Henry in Bruce McDonald's The Husband.
THE CANADIAN PRESS

Keith Richards

Sex, drugs and children's literature

Keith Richards is writing a children's book. He really is.

The Rolling Stone who came to define the adults-only lifestyle of rock has a deal with Little, Brown Books for Young Readers for a picture story called Gus & Me: The Story of My Granddad and My First Guitar.

The publisher announced Tuesday that the book will come out this fall and will include illustrations by Richards' daughter, Theodora Richards. Barnaby Harris and Bill Shapiro are assisting with the writing.

Gus is Gus Dupree, Keith Richards' beloved musician-grandfather. In a statement issued by the publisher, Richards said the book was based on "one of those magical moments" he had with Dupree. Richards, 70, has five grandchildren of his own. His memoir Life was published in 2010.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes denies secret Twitter account

Amanda Bynes has been behaving herself since returning to Twitter earlier this month — officially, at least.

According to In Touch, the troubled former child star has been using a secret second Twitter account to be her old self again, mocking familiar targets like Rihanna and Courtney Love and obsessing over her dog and going to the gym under the pseudonym Ashley Barks. "If this isn't Amanda Bynes' private Twitter account, then someone is doing a very good job of impersonating her," a social media expert tells the magazine.

But Bynes herself says the story is bogus, taking to her official Twitter account to write, "FYI This is my only twitter account, I have no secret twitter accounts."

Amanda Bynes ALL PHOTOS GETTY IMAGES

Mamma Mia! Miley eyes getaway in Clooney's hood

George Clooney's hideaway in Lake Como, Italy, might not be such a peaceful retreat if Miley Cyrus goes through with her reported plan to purchase a home near the Monuments Men star.

"Miley is seriously talking about purchasing a home on Lake Como," a source tells Radar Online.

Apparently the search is part of her efforts to maintain the control over her fortune.

Miley Cyrus

"She's going to buy the biggest and most expensive houses she can in part to keep the money away from her parents," the source says.

Twitter

@justinbieber
studio. always working

@pattonoswalt
I mean, there's a goddamned JUMBO JET that's MISSING. I'm trying to be calm, but this is @StephenKing LANGOLIERS s—. Steve?

@prattprattpratt
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The Word

Captain America sick of partying — except with his fellow superheroes

Captain America star Chris Evans is looking to settle down and put the partying to rest, according to Glamour U.K.

"In your 20s you think, 'How will I ever not like going out?' You have drinks, buddies, music — great," Evans tells the magazine. "But in the last two or three years, I go to a club and I kind of wish I was home. My idea of a good time has evolved a bit, so a night out with me might not be as exciting as it might have been a couple of years ago."

He does make an exception, though for his Avengers co-stars, including Robert Downey Jr., Mark Ruffalo, Scarlett Johansson and Chris Hemsworth.

"It's different with those guys," he says. "You're like, 'Come on, guys, this is great! This isn't going to last forever and this is a really fun group of people doing a really fun thing. Let's go get drunk!' I try to be the motivating force. Everyone's married and has kids and s— like that, so I'm still the one single guy going, 'Come on, shots!'"

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LIFE 3

Perfect pubs for Paddy's Day

Raise your pint glass. It can be tough to find an authentic Irish watering hole on this side of the Atlantic; here are five suggestions

STEVE GOW
life@metronews.ca

The Irish Heather in Vancouver is modelled after modern Irish gastropubs. IRISH HEATHER

There's no shortage of bars across the country claiming to be Irish, but only a precious few can say their roots are tied to the Emerald Isle. If you're particular about celebrating St. Patrick's Day in true Irish tradition, here are five of Canada's most authentic pubs.

Durty Nelly's (Halifax)
Named after a famous Irish landmark, Durty Nelly's is credible enough to boast that its interior was actually designed and constructed in Dublin before crossing the Atlantic to be rebuilt in downtown Halifax. Toss in seafood chowder that has even been praised by the L.A. Times and this pub is certainly worth its Celtic salt.

Irish Specialties: Guinness Lamb Shank ($19), Seafood Chowder ($12.50)

P.J. O'Brien (Toronto)
Opened by well-known Cloone-born businessman Pat Quinn, P.J. O'Brien features a classic copper-topped bar, authentic Irish cuisine, white-jacketed bartenders and plenty of hospitality. Although the always-friendly proprietor passed away in 2009, his gregarious legacy lives on through his son. Don't be surprised if Pat Quinn Jr. even comes over and buys you a round.

Irish Specialties: Beef and Guinness Stew ($15), Kilkenny Ale Fish & Chips ($15)

O'Hanlon's (Regina)
Surprisingly, the reigning champ for selling the most Guinness pints in Canada is located in Regina. Run by Limerick native Niall O'Hanlon, the eponymous pub sold 61 kegs of the popular stout last St. Patrick's Day and aims to defend the title. O'Hanlon's is primarily an alehouse, but attracts a diverse clientele.

Irish Specialties: Corned Beef and Cabbage ($15), Shepherd's Pie ($14)

James Joyce (Calgary)
Located amongst Calgary's skyscraper-lined downtown, James Joyce was opened by Irish immigrants Anne and Gerard Curran to bring Gaelic ambience to the Stampede City. Highlighted by traditional Celtic music and decorated with scores of artifacts and heirlooms ranging from schoolbooks to a penny-farthing bicycle, this dark, inviting pub will make you feel like you've been transplanted to the middle of the Emerald Isle.

Irish Specialties: Irish Potato Boxty ($13), Ballycastle Bacon Bites ($11)

Durty Nelly's interior was constructed in Dublin. DURTY NELLY'S

Irish Heather (Vancouver)
For a slightly bit more contemporary "craic" experience, Irish Heather in Vancouver's historic Gastown district models itself on modern Irish gastropubs, but its still the perfect pub to soak up Celtic spirit with a Guinness in hand. In the popular backroom distillery, devotees can test out Vancouver's biggest selection of whiskeys.

Irish Specialties: Bangers & Mash ($17), Lamb Shepherd's Pie ($18)

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Looking for a lucky charm?

Sweet souvenirs. 'Tis the season for pots of gold and leprechauns, but try taking home some of these talismans from your travels

ON THE MOVE
Loren Christie
life@metronews.ca

Glass charms Greece and Turkey

The evil eye refers to bad energy transmitted by a person who has negative and covetous thoughts. Victims, from humans to horses, are said to suffer from headaches, nausea or impotence. While locals believe the blessings from church officials or remedies administered from a learned elder can cure them, interlopers may find the purchase of a preventative charm to be their safest bet. Found almost everywhere around the Aegean Sea, eyes painted on blue glass reflect the power of the evil eye back on itself.

Dream catcher, Arizona

The legend of the dream catcher is woven into the oral histories and traditions of many native cultures in North America. Its principal purpose is to filter bad dreams, ensnaring the bad ones and directing the good ones to a person's subconscious. In addition to a getting a good night's sleep, owners are believed to be blessed with improved health.

Voodoo doll, New Orleans

In the mid 1700s, voodoo rapidly spread in New Orleans as the mystical religion overlaid its symbols and deities with those of Christianity. Drawing on their European masters' traditional use of effigies, slave practitioners created the voodoo doll. Whether the energy surrounding them is good or bad depends on the intent of their creators and owners. Pick up a white voodoo doll, which is aimed at transferring positive energy and good luck from one person to another.

Eyes painted on blue glass can ward off negative energy from the evil eye. These are found almost anywhere around the Aegean Sea. ISTOCK

Corno, Italy

The phallic shape of a corno has been a symbol of fertility, fortune and power since Roman times. Like the point of a sword fending off a foe in battle, its tip is said to protect owners against harm. To harness its' protective power pick up a gold or coral charm, or perhaps a T-shirt with a corno emblazoned on it.

Lava rocks, Hawaii

Some mementoes are better left behind! According to legend, Hawaii's goddess of volcanos doesn't take too kindly to those who cart pieces of lava rock, coral or even sand off the islands that she's believed to have created. The best way to avoid her curse? Stick to taking photographs of the landscape.

Dream catchers are part of the traditions of many North American native cultures. Their main purpose is to filter bad dreams. ISTOCK

Bucket list

Cue the classics

Sundance, Cannes — who cares? It's not too late to sign up for the TCM Classic Film Festival April 10 to 13 — because you know you've always wanted to. This fifth annual event will see hosts Robert Osborne and Ben Mankiewicz (and you!) rubbing shoulders with legendary stars in and around the Hollywood Roosevelt Hotel, the site of the first Academy Awards ceremony. Film buffs from around the world will congregate to help TCM celebrate its 20th anniversary with red-carpet galas, special movie screenings, the Vanity Fair opening night party and more. The list of special guests includes Kim Novak, Mel Brooks (above), Shirley Jones and more. Passes start at $250 US and run to $1,600. Go to filmfestival.tcm.com. DOUG WALLACE/METRO

New

Route to Israel

Porter Airlines and EL AL Israel Airlines have joined forces, leveraging their links with Newark airport in New Jersey to make it a hub for people travelling between Tel Aviv and Toronto (to Billy Bishop Toronto City Airport). Porter, which flies to and from Newark up to 13 times a day, is teasing us with news of more such deals with other airlines in the future. Stay tuned at elal.co.il and flyporter.com. DOUG WALLACE/METRO

Deal

Soho Beach House

Miami's recently expanded Soho Beach House is having a bit of a sale. This exclusive, private club for the creative crowd has a 50-room hotel open to the public, offering rooms starting at $250 when you book before March 31 a minimum five-night stay between May 1 and October 24. You save at least $150 per night — and can enjoy similar privileges and facilities as the club members, including two pools, a garden, private beach, live music, guest speakers and more. Visit sohobeachhouse.com. DOUG WALLACE/METRO

How-to

Travel with the comforts of home

1. Pack a travel coffee maker (Aeropress.com) and a small bag of some nice Illy coffee. 2. Snack while you unpack, with things you bring from home: toasted almonds, a jar of artichokes, a wedge of cheese, your favourite crackers. 3. A tiny travel steamer will save you from cursing at the seen-better-days iron and unruly ironing board in the closet. 4. BYOP — bring your own pillowcase. It will smell just like home.
DOUG WALLACE/METRO

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SHAHEERAH KAYANI
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If you set aside a few minutes every day to give your office space a quick once-over, you'll avoid the burden of business build-up. ISTOCK

Do you have a messy desk? Are you missing important items, and suspect they're somewhere in the stacks of paper that have mysteriously accumulated?

Perhaps you're also unhappy with the boring office walls surrounding you, or the lack of storage space.

These things matter, because having an unorganized office space can make you less interested in your work. So break out that office dust buster and get tidying.

De-clutter

Get rid of whatever you no longer actually use or need, because those things are only taking up space that could be better put to use.

You will likely find that you have old items lying around that you don't even remember acquiring. Items that you don't use on a daily basis can be stored in drawers or cupboards to help declutter your desk.

Avoid having duplicates of anything that could more conveniently be stored on your computer. Keep a recycling bin under your desk to easily discard useless extra paper copies that can later be used as scrap paper. A cool trick is to snap a quick picture of your office space to better identify clutter areas and redesign your working space.

Set a routine

Having a daily routine can help you get regular tasks out of the way before they accumulate each morning. This lets you get to work on other things — meaning you won't have multiple projects on the go at once.

Establish a morning routine that includes answering all your emails and calls and checking your to-do list. Once this is out of the way, you'll be better prepared for the rest of your working day and have fewer interruptions.

Try and restrict your workspace to having one or two projects on the go, at most.

Get organized

Less is rarely more when it comes to getting organized. There's a whole world of storage units and items (big and small) out there. Grab a measuring tape and start searching.

Sticking to a budget? You can always adapt common items to help you cut clutter. Make sure you have plenty of good and easy-to-use storage items such as cups for pens, storage bins and an alphabetical filing system. If needed, install some new shelves to make good use of wall space.

Save time for clean-up

Before you leave the office, ensure that you give yourself five to 10 minutes to sort things out and do a little tidying. Start with the digital stuff: clean up your inbox, file everything, update your to-do list and schedule reminders.

Then turn your attention to the workspace itself. Put away completed projects and organize ongoing ones so you'll be able to pick up where you left off.

If your workplace has a clean desk policy, allocate drawer or storage space to store incomplete tasks so you don't lose track of what you were doing.

Lastly, make sure all small objects and tools are put away. The next work morning will be much easier when you have a clean clutter-free space to work with.

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#QuestionoftheDay

@TalentEgg: Workplace hugs: DO or DON'T?

@EDSPowel
I say DON'T. However, I know that my coworkers @theofficedogs may disagree.

@Recruit_Campus
Workplace hugs: DO or DON'T?" DEPENDS...on the team, person, occasion & environment!

@HenshawLaura
@TalentEgg hugs! But definitely be aware of your colleagues preferences for personal space

@kMistica
I'll go for a yes! #SpreadTheLove

Let's get personal

Invest in some decor to bring a little character to your office space.

- You can also decorate your place with photos of family or loved ones or even a recent company event that will help keep you motivated.
- Don't have any pictures handy? A great and simple idea is to hang your favourite inspirational quote on the wall.

Tackling to-dos with a scratch-off strategy

Live and let list. There are tools out there that will help upgrade your everyday list to a fully functioning task tackler

SIDNEYEVE MATRIX
TalentEgg.ca

We all make lists, and some of us far are better at using them than others.

They're the quintessential stay-on-track productivity tool, in both their low- and high-tech versions: from reminders scrawled on your hand or a flurry of Post-it to-dos, to the hundreds of apps available for your desktop and smartphone.

Part of most people's everyday quest to stay on top of tasks and to remember tidbits of information, the lowly list is your best friend on a busy day and your worst frenemy when it gets totally out of control and you've run out of that most precious commodity: time.

One thing is for sure, if you're job searching, you have plenty of plans on your plate.

Especially if while looking for your next position, you're currently employed, balancing childcare and work, or handling a full-time course load.

In those cases, mastering the art of the list matters, if it means increasing your productivity, feeling more focused, and reaching your goals faster.

So how to create smart task lists that really, really work?

Automate them

Try IFTTT.com (if-this-then-that) to create and manage tasks and reminders.

IFTTT on your smartphone helps you save time and accomplish more.

It can automatically take any emails labeled "to do" and add them to an iOS Reminders list, or copy "starred" Gmails to a Google Calendar task list.

It can also get your phone to check the weather and remind you to grab an umbrella, and autodisplay your daily to-dos the second you set out on the morning commute.

Leveraging Facebook, Twitter, Foursquare and dozens of other popular social apps to keep you on track and on task, IFTTT lets you connect the dots between, and cross off or cross-reference items from all the nodes in your digital life.

"Daypart" them

In broadcast journalism, programming is "dayparted," because while certain shows work better in the morning, other types resonate with audiences in the evening.

Take a close look at your schedule and see if it syncs with what you know about yourself.

Morning person? Get your second wind after mid-day coffee? Most focused in the wee hours?

Face your most demanding tasks during high-energy, peak-performance parts of your day, and align the low-stakes, repetitive tasks for the other parts.

Track them

There's always more to do, but the satisfaction of scratching something off your list is real.

Tracking your completed tasks may motivate and encourage you to get even more done.

The Todoist app visualizes your accomplishments, so you can immediately see just how far you've progressed toward a goal.

Likewise, there are plenty of apps that use your smartphone to record time-on-task, especially handy for tracking billable hours, and allowing you to document, then sit back and reflect on what you've accomplished to date.

THIS ARTICLE IS EXCERPTED FROM MY PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

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Keep things in check

There's always more to do, but the satisfaction of scratching something off your list is real. Tracking your completed tasks may motivate and encourage you to get even more done.

Sidneyeve Matrix
Associate professor of media at Queen's University

A custom fit

Of course at the end of the day, productivity is deeply personal — one tool or list-making strategy will work better for you than the next.

- The bottom line? When you have multiple deadlines, projects, and people competing for your time and attention, and not a minute to spare, don't let yourself feel immobilized and overwhelmed about everything.
- Instead, tame your to-dos with a smart list that reflects your individual work style and professional priorities. Now you're ready to get the job done.

Wouldn't it be nice to walk into your home at night having checked off all that's been busying your brain? ISTOCK

Work without walls? It's a remote possibility

Out with the office. If you're going to be on the go with your work flow, make sure the boss knows you're on the ball

DAN SCHAWBEL
Metro World News

If you aren't a remote worker right now, chances are you could be in the future. A new study by the work lifestyle company Flex+Strategy Group and Quest Diagnostics found that 31 per cent of full-time employees in the U.S. (about eight million people) do most of their work from a location other than their employer's site. Though many workers romanticize about working from home, it's much harder than it seems.

I spent four years working remotely and ended up renting office space because my situation was getting in the way of real human interaction. They don't teach you in college how to work remotely or manage remote workers, but it's an important skill in the 21st century.

I spoke with Cali Williams Yost, founder of Flex+Strategy Group, to get her tips for remote workers.

Know your boundaries

When you aren't working in an office, it's hard to balance your work and life because you aren't clocked in. It's up to you to set time aside to do personal things that matter to you.

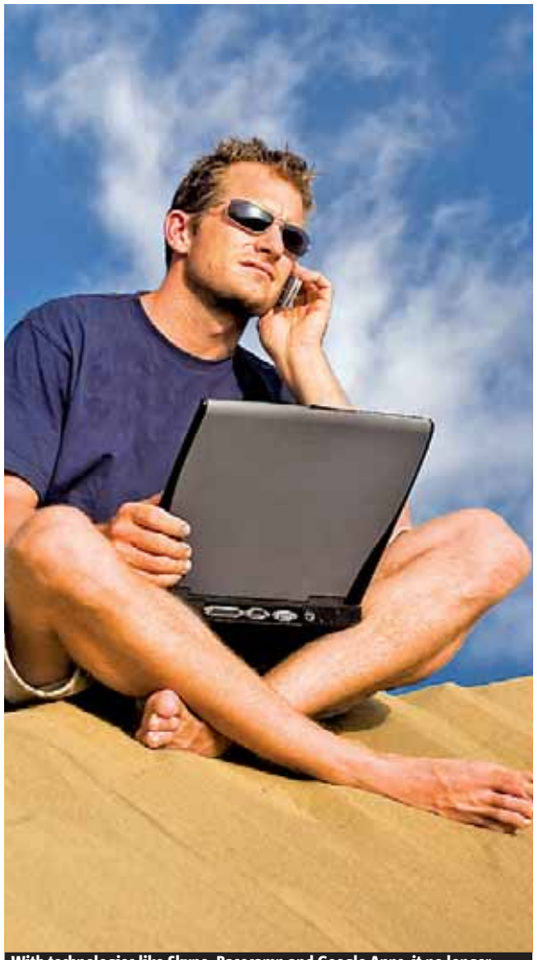
"Make it part of your routine to sit down for 20 minutes each week and review what you need to get done and want to get done on the job, with your career and in your personal life," Yost recommends.

Identify actions and priorities

As a remote worker, you need to take the initiative to manage yourself instead of relying on your boss to do it for you. "Identify the small, meaningful actions and priorities that will help you be your best, at work and in your personal life, for the next seven days, whether it's completing an important project, getting enough sleep or eating healthy meals," Yost suggests.

Give regular status updates

One of the biggest concerns managers have with remote workers is that they might be distracted. Your manager will trust you if you make sure he or she is aware that you are constantly doing work and exceeding expectations. "Every week send your manager a quick 'highlights' list of accomplishments," says Yost.



With technologies like Skype, Basecamp and Google Apps, it no longer matters where and when you do work — only that you get results that benefit your company. ISTOCK

Show that mug!

Face-time is still the best way to build relationships with the people you work with.

- "Make it a point to go into your employer's workplace regularly," says Yost. Nothing will replace in-person visits where people can get to know you on a personal level.

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An egg wrap for dinner? All the cool foodies are doing it!

Greek Style Couscous and Egg Wrap. Gone are the days when eggs were just a breakfast staple. Here, they star in a 15-minute dinner

DINNER EXPRESS
Emily Richards
food@metronews.ca

This recipe serves four. CONTRIBUTED

Ingredients

- 1/2 cup (125 ml) whole wheat couscous
- 1 clove garlic, minced
- 1/2 tsp (2 ml) dried thyme leaves or Italian herb seasoning
- 3/4 cup (175 ml) sodium reduced vegetable or chicken broth
- 1/4 cup (60 ml) each grated carrot and zucchini or diced bell pepper
- 3 hard cooked eggs, peeled
- 1/3 cup (75 ml) 0% fat plain Greek yogurt
- 1/2 cup (125 ml) quartered grape tomatoes or chopped tomatoes
- 1/4 cup (60 ml) crumbled light feta cheese
- 3 tbsp (45 ml) chopped fresh basil or parsley
- 1/4 tsp (1 ml) fresh ground pepper
- 4 small whole wheat flour tortillas

This is an easy light dinner or make ahead lunch for the family.

Using hard cooked eggs in sandwiches adds protein and a creamy texture to this filling. For a flavour twist, switch up your cheese and try goat cheese or ricotta instead of the feta.

1. Place couscous in a bowl with garlic and thyme. Bring broth to a boil and pour over couscous. Stir in carrot and zucchini; cover and let stand for 5 minutes.

2. Meanwhile, in another bowl, mash eggs with a fork and stir in yogurt, tomatoes, feta, basil and pepper. Add couscous mixture and stir to combine.

3. Divide among the tortillas and roll up to enjoy. FOR MORE OF EMILY RICHARDS' RECIPES THAT ARE PERFECT FOR DINNER AND MORE, BE SURE TO CHECK OUT HEALTHYCANADIANS.GC.CA

FLASH FOOD

From your fridge to your table in 30 minutes or less

Cooking tips

- Out of broth? Use water instead. This will also help cut down on the sodium.
- Make wraps the night before. Cover tightly with plastic wrap. Keep in the fridge and grab one as you head out the door.
- Turn this recipe into a salad by baking the tortilla on a turned over ovenproof bowl in a 400 F (200 C) oven for about 5 minutes or until golden. Let cool slightly then fill with couscous mixture.
- No-fail way to make hard cooked eggs: Place eggs in a single layer in saucepan and cover 2.5 cm (1 inch) above eggs with water. Cover and bring to a boil over high heat. Remove from heat and let stand 25 minutes. Drain water and run cold water over eggs to chill

This Cashew Berry French Toast recipe serves two. THE CANADIAN PRESS

French toast goes grainy

1. In a blender, combine cashews, water, almond milk, vanilla, cinnamon, nutmeg and salt. Blend until smooth. Transfer to a bowl.

2. Heat griddle to medium. Brush with coconut oil.

3. Dip both sides of bread in cashew mixture. Cook on each side until golden brown.

4. Top with coconut cream, fresh berries and maple syrup.

THE CANADIAN PRESS/THRIVE ENERGY COOKBOOK: 150 FUNCTIONAL, PLANT-BASED WHOLE FOOD RECIPES BY BRENDAN BRAZIER (PENGUIN CANADA, 2014).

Ingredients

- 125 ml (1/2 cup) raw cashews
- 250 ml (1 cup) water
- 250 ml (1 cup) unsweetened almond milk
- 5 ml (1 tsp) pure vanilla extract
- 0.5 ml (1/8 tsp) cinnamon
- 0.5 ml (1/8 tsp) ground nutmeg
- Pinch sea salt
- 30 ml (2 tbsp) virgin coconut oil
- 4 slices sprouted bread
- 35 ml (2 heaping tbsp) coconut cream
- 50 ml (1/4 cup) fresh raspberries
- 50 ml (1/4 cup) fresh blueberries
- 3 or 4 fresh strawberries, cut in half
- 30 ml (2 tbsp) maple syrup

Stars players rush to their bench to aid teammate Rich Peverley on Monday night in Dallas. Peverley suffered what GM Jim Nill called a "cardiac event" and was transported to the hospital after play was suspended. SHARON ELLMAN/THE ASSOCIATED PRESS

NHL emergency protocol heralded

Rich Peverley. Dallas Star went into a 'cardiac event' during Monday's game and transported to hospital

From the time Rich Peverley collapsed on the bench to the time he was taken to the hospital, NHL protocols for medical emergencies were followed exactly how they were supposed to, and it might have saved the Dallas Stars forward's life.

Peverley, who has missed games this season because of an irregular heartbeat, had what general manager Jim Nill called a "cardiac event" during Monday night's game against the Columbus Blue Jackets. Play was stopped immediately, and Peverley was taken down the tunnel and attended to before being transported to hospital.

The league's emergency medical standards were in place at American Airlines Center, as they are in every NHL rink.

That includes having at least two team doctors in attendance and at least one within 50 feet (15 metres) of the bench.

The incident is not likely to lead to dramatic changes in the way NHL teams deal with emergency medical situations because they worked so well.

The current guidelines are spelled out in four pages of specific detail, including the availability of triage facilities, physicians, trainers and ambulances. THE CANADIAN PRESS

Similar heart failures

- Jiri Fischer of the Detroit Red Wings went into cardiac arrest in 2005 but quick medical care saved him.
- Sergei Zholtok died of a heart ailment while playing in his Latvia in 2004
- New York Rangers prospect Alexei Cherepanov died of heart failure during a 2008 KHL game.

Snowboard cross

Maltais wins her 5th Crystal Globe

Dominique Maltais has secured the World Cup snowboard-cross title for a fourth straight year and fifth overall.

The native of Petite-Rivière-St Francois, Que., clinched the Crystal Globe after winning a World Cup event Tuesday.

Maltais won a silver medal last month at the Sochi Olympics.

THE CANADIAN PRESS

Tennis

Bouchard's run at BNP Paribas Open meets its end

Montreal's Eugenie Bouchard bowed out of the BNP Paribas Open on Tuesday, losing in the fourth round to sixth-seed Simona Halep of Romania 6-2, 1-6, 6-4.

Canada's last chance in the women's draw of the ATP-WTA tournament now rests with Aleksandra Wozniak. The player from Blainville, Que., was scheduled to face Australian Open champion and top seed Li Na later Tuesday.

THE CANADIAN PRESS

The scent of losing

"When (an opposing) team smells blood in the water, it's a dangerous thing."

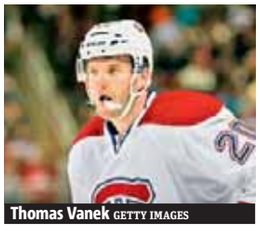
Vancouver Canucks coach John Tortorella, on his struggling team, which suffered a humiliating 7-4 home loss to the lowly New York Islanders on Monday night.

Habs. Vanek excited to experience heated rivalry

It won't take long for Thomas Vanek to get his first taste of the heated Montreal Canadiens-Boston Bruins rivalry.

The 30-year-old acquired by Montreal at last week's NHL trade deadline will play his first home game at the Bell Centre against the Bruins on Wednesday night.

"Rivalries are for the fans," Vanek said Tuesday. "They're good for the league, but for us in here, and I'm sure it's the same as everywhere. It's just about winning the two points.



Thomas Vanek GETTY IMAGES

"But I'm sure the atmosphere will be great and I can't wait to experience it."

THE CANADIAN PRESS

Quebec

Politics won't affect view on expansion: NHL

Pierre Karl Péladeau's decision to run for the Parti Québécois doesn't impact the NHL's position on potentially putting an expansion franchise in the province, the league said Tuesday.

Péladeau of Quebecor Inc. has been one of the key figures in efforts to bring an NHL team back to Quebec City.

THE CANADIAN PRESS

Rules. Changes to OT, faceoffs may be proposed

NHL general managers may be nearing recommendations on rule changes but believe there is little need for significant action.

By Wednesday a number of proposals could be sent to the competition committee for consideration. Two key items might concern rules regarding overtime and the faceoff.

"The group recommended some changes to faceoff procedure and potentially instead of ejecting for a violation of faceoff procedure maybe penalizing in terms of making the centre man take a step back," NHL deputy commissioner Bill Daly said. "That was certainly something that was discussed."

Bill Daly GETTY IMAGES

The overtime rule might see each team switch ends of the ice necessitating longer line changes.

THE ASSOCIATED PRESS

Keeping our edge on sledge and trails

Paralympics roundup. Canada's perfect sledge hockey record stays intact; Arendz battles for bronze in biathlon

Greg Westlake scored the game's only goal while Corbin Watson made seven saves for his second straight shutout Tuesday as Canada defeated the Czech Republic 1-0 in sledge hockey at the Sochi Paralympics.

Westlake broke the scoreless tie at 7:33 of the second period, ripping a shot upstairs from in tight for his second goal of the tournament.

Canada had a number of chances to extend the lead but was forced to hang on late as the Czechs made one final push in the dying seconds.

"They're a big team. They're physical," said Westlake. "They've got a lot of men on their team."

Canada has surrendered just one goal on 18 shots through three round-robin victories while outscoring its opponents 15-1.

"It was a fun game to play and it was a necessary game to play because we get better and we needed a team to push us going into the medal round," said Westlake.

Canada clinched first place in its pool and will take on the United States in one of Thursday's semifinals.

The Americans, who won gold four years ago in Vancouver, dropped a hard-fought 2-1 decision to the host Russians earlier Tuesday to finish second in their group.

Russia will meet Norway in the other semifinal.

Elsewhere on Tuesday, biathlete Mark Arendz battled pouring rain and dense fog to win a bronze medal in the men's 12.5-kilometre standing category.

He finished in 30 minutes 31 seconds. Russia's Azat Karachurin won gold in 29:30.0 while Norway's Nils-Erik Ulset captured silver.

"To get a medal is awesome and that was the goal," said Arendz.

Arendz's medal was Canada's seventh so far in the competition (one gold, two silver, four bronze).

Host Russia continues to lead with a whopping 34 medals, 23 ahead of second-place Ukraine. Canada and the United States are tied in third.

Arendz, who shot 19-of-20, said the poor visibility made the race extra challenging.

In para-alpine skiing, Braydon Luscombe of Duncan, B.C., was the top-placing Canadian, finishing second in the standing division with a time of 52.17 seconds. Josh Dueck of Kimberley, B.C., placed fifth in the sitting category in 59.93 seconds.

Standing athlete Kirk Schornstein of Spruce Grove, Alta., was 17th and Mac Marcoux of Sault Ste. Marie, Ont., and guide Robin Femy of Mont-Tremblant, Que., did not finish their run in the visually impaired category.

In the women's slalom, standing skier Calgary's Alexandra Starker was the top-placing Canadian in 1:06.59. Toronto's Erin Latimer was eighth.

In wheelchair curling, Canada improved to 5-1 and moved into a first-place tie with Russia with an 8-5 victory over China.

THE CANADIAN PRESS

Mark Arendz of Canada races to a bronze-medal finish in men's biathlon at the 2014 Paralympic Games in Sochi, Russia, on Tuesday. RONALD MARTINEZ/GETTY IMAGES

Firing blanks

"We had some scoring chances; there was just no finish."

Team Canada sledge hockey coach Mike Mondin, explaining his team's trouble scoring goals on Tuesday.

Sochi 2014

A shocking invention for sit-skiers

Even though he won't be racing down the slopes of Rosa Khutor, Joe Franklin is one of the most important members of Canada's para-alpine team.

The squad's technician has spent the last four years perfecting a sit-ski sled that maximizes both performance and safety, and after a lot of trial and error, the project appears to be on the right track at the Sochi Paralympics.

"This is a new sport. We're kind of figuring it out as we go," said Franklin. "There is a lot of leeway."

A sit-ski is a sled used by athletes with limited or no mobility in their legs. What Franklin has done is trade the usual all-terrain vehicle shocks for mountain bike shocks by using a lever system, while at the same time switching to a tube design to make the sleds lighter and more adaptable.

Canadian sit-skier Kimberly Joines, who was involved in a crash last year in Sochi that sent her to hospital is pleased with the safety of the new sled.

"It was a struggle in the early years," she said. "I definitely wasn't liking it that much back then. But since Joe has come on board we've just ramped up. I feel like a lot of my injuries actually were the result of equipment failures along the way."

THE CANADIAN PRESS

The body of junior hockey player Terry Trafford was found in an SUV in Saginaw Township, Mich. COURTESY OHL IMAGES

OHL. Body of missing Saginaw Spirit player found

Officials with the Saginaw Spirit say Michigan State Police have told them that the body of missing junior hockey player Terry Trafford has been found.

A man's body was found Tuesday afternoon in an SUV matching the description of one belonging to Trafford in the parking lot of a Walmart store in Saginaw Township.

Trafford reportedly last was seen about 9:30 a.m. on March 3 at the Dow Event Center, the home arena for the Spirit.

In a statement on the Ontario Hockey League team's website, the Spirit offered condolences to Trafford's family and his friends in Ontario and Michigan.

Saginaw Spirit president Craig Goslin had said Trafford was sent home prior to his disappearance "for a violation of rules," but said Trafford wasn't permanently cut from the team.

At one point in the search, police said they believed Trafford might have left the state to return to his hometown of Toronto.

THE CANADIAN PRESS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CLOUDY	SUNNY	SERIOUSLY?	YOU'RE JOKING, RIGHT?	GOOD LUCK...
-30	19	-17	20	-17
7:03 am	7:06 am	7:09 am	7:12 am	7:15 am
55%	2%	100%	0%	??%
-11	32	-1	42	40
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9	9	9	16	39

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Nissan's lovable Rogue for 2015

PHOTOS: WHEELBASEMEDIA.COM

2015 Nissan Rogue

- **Type.** Four-door, front- all-wheel-drive compact wagon
- **Engines (hp).** 2.5-litre DOHC I4 (170)
- **Transmissions.** Continuously variable (CVT)
- **Base price (incl. destination).** $25,100

Fuel economy

The improved CVT helps bump fuel economy to 7.9 l/100 km in the city and 6.0 on the highway (8.2/6.2 for AWD models), compared to 9.0/7.0 for previous Rogues (9.6/7.7 for AWD).

Engine

Visually, the Tennessee-built Rogue swaps out its Murano-like egg-carton grille for one that's a whole lot bolder. It's part of a new front end with added folds and creases for the hood and fenders, an enlarged lower air intake and fancy jewel-like headlight pods ringed with standard LED (Light Emitting Diode) running lights.

Review. Quality weather versatility, good value and NASA-inspired seats will win you over

MALCOLM GUNN
wheelbasemedia.com

It's cold out here. Like, -20 C, with blowing snow and darkening skies in the heart of Quebec's Laurentian mountains just north of Montreal. And here we are, sampling Nissan's 2014 Rogue compact wagon.

The second-generation Rogue follows a pattern established by the original 2008 model-year version. Although a Nissan success story, the Rogue is kept at bay by the league-leading Honda CR-V, Ford Escape, Toyota RAV4 and Chevrolet Equinox. For 2014, the Rogue has upped its game with more distinctive styling, more comfortable and practical seating arrangements and improved fuel economy. They constitute basic motherhood issues for this segment that absolutely factor into the purchasing-decision process.

At the opposite end, the rear window and side glass are squared-off and the taillights are enlarged and repositioned above the fender line for improved style and visibility.

What isn't visible is the Rogue's all-new platform that's developed with Nissan's cross-ownership partner Renault. The Rogue's dimensions actually vary little from the original architecture, with just a 1.5-centimetre stretch between the front and rear wheels and similarly small increases in width and body height.

Inside, Nissan increased the Rogue's load capacity by about 20 per cent, thanks to a new fold-flat passenger seat. Overall interior volume is increased by about 10 per cent.

Nissan now offers a third-row seating option for the Rogue, which makes it the only small ute in its class outside of the Mitsubishi Outlander with the capacity to transport up to seven passengers. Access is secured by sliding the split-folding second-row bench forward up to nine inches, but as with most three-row arrangements it's best to position only smaller folks in the back row for short journeys and surrender any meaningful amount of stowage space while it's in use.

The remaining restyled cabin area is a place of comfort and joy, especially the restyled dash/control panel layout and the NASA-inspired "Zero Gravity" front seats (similar to the ones in the Nissan Altima sedan). They really do the trick on extended trips, especially with the optional progressive quick-heat system that warms the thighs and hips before extending warmth to other body areas. Returning is a 175-horsepower 2.5-litre four-cylinder engine. It's connected to a continuously variable transmission (CVT) that now performs more like a traditional automatic in operation and performance. A redesigned belt and pulley system plus a sport-mode switch for the driver sharpens transmission operation and throttle response.

Various traction and control aids make winter tripping tolerable. The $2,000 all-wheel-drive option—a must-have for snow-bound buyers—redirects engine torque from the front to the rear, or to individual wheels, as necessary. The AWD can also be locked in 50/50 mode (front/back) at speeds below 40 km-h.

Other safety and comfort systems can be brought into play on the Rogue, such as Active Ride Control that uses the brakes and engine torque to help smooth rough-road jounces, Active Trace Control that applies the inner or outer brakes as needed for more directionally precise cornering and Active Engine Braking that automatically reduces engine torque to help slow down the vehicle while you're using the brake pedal.

Options include a power-adjustable driver's panorama sunroof and "Around View Monitor" that shows a bird's-eye view of what's going on around you. Also optional is a leather interior and a navigation system, which of course inflates the Rogue's $25,100 base price but allows buyers to take the luxury route whether heading to and from work, or heading outdoors for some cold-weather fun.

Compare

1 Ford Escape
Base price: $25,600

2 Honda CR-V
Base price: $27,600

3 Chevrolet Equinox
Base price: $28,100

5 DRIVE

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‡BI-WEEKLY LEASE ONLY AVAILABLE ON 48-MONTH TERMS OR GREATER.

HONDA

Limited time bi-weekly lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Bi-weekly payments include freight and PDI ($1,495), EHF tires ($29), EHF filters ($1), A/C levy ($100 except Fit DX and Civic DX models), and OMVIC fee ($5). Taxes, license, insurance and registration are extra. ΩRepresentative bi-weekly lease example: 2014 Fit DX // 2014 Civic DX Sedan on a 60 month term with 130 bi-weekly payments at 1.99% lease APR. Bi-weekly payment is $74.85 // $84.92 with $0 down or equivalent trade-in, $1,600 // $600 total lease incentives included. Down payments, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $9,729.91 // $11,039.26. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. •$2,000 cash incentive is valid on any new 2013 Fit when registered and delivered between March 1st, 2014 and March 31st, 2014 and is deducted from the negotiated price before taxes (available for all Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates). *Limited to one Samsung 43" plasma television (Model Number PN43F4500) per customer on purchase or lease agreements for new remaining 2013 Honda Fit models concluded between March 1st and March 31st, 2014 at participating Ontario Honda Dealers. While supplies last; participating Ontario Honda Dealers reserve the right to substitute with a TV of equal or greater value. Image is for illustration purposes only. © 2013 Samsung Electronics Canada, Inc. All Rights Reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd., used with permission. Samsung is not a sponsor of, nor participant in this promotion. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2013. ∞Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.

Retail ready fuel-cell cars just 18 months away

Clean process. Toyota's new concept creates electricity to power an electric motor using hydrogen and oxygen from the air

AUTO PILOT
Mike Goetz
drive@metronews.ca

Under the skin of Toyota's latest concept vehicle, the FCV, are fuel-cell components destined for actual production vehicles. BOTH IMAGES PROVIDED

The ultra futuristic-looking hydrogen tank in place.

Fuel-cell vehicles have always had an aura of science fiction about them, even though the science has been around since 1850 or so, when Sir William Grove first mused about generating electricity by exploiting how electrons hold water together.

Don't worry, this will not be a science lesson.

Science and I stopped being friends in grade nine, when I wondered how the mild acid in a glass beaker would fair in a Styrofoam cup, and the acid ate the Styrofoam cup, and the finish on the desk, and the finish on the floor, and caused Mr. Ramsey to be very ill-tempered with me.

I guess the vague science fiction feel comes from the notion of something could be a "fuel" — in this case hydrogen — yet only produce water as an "emission." It doesn't sound natural, in our lives so used to, and tied to, the combustioning of petrochemicals.

The only thing I want to say today about fuel cell vehicles is how close they are to actually being a fully retail product. Hyundai, Toyota, Honda, BMW and Mercedes-Benz have all officially announced intentions to have "retail ready" fuel-cell vehicles in showrooms within 18 to 24 months, depending on the market.

Two years goes by fast. It's already been three years since Charlie Sheen was last seen on Two and a Half Men.

The manufacturers are deep into testing the actual fuel-cell components we will see on these retail units. No more going back to the drawing board for another blue-sky concept.

Toyota's fuel-cell test mule, for example, has been raking up miles in North America for over a year now, including a deep freeze stint in Yellowknife.

Off course, we still need a hydrogen re-fueling infrastructure, and that is not progressing along swimmingly. In fact, right now there is not one publicly accessible hydrogen station in all of Canada, and no immediate plans to build any amount.

But say we overlook that alarming impediment and say fuel-cell vehicles will be a major force in the next few decades — because now it's time to look beyond fuel-cells. Yes, fuel cells are barely here, or more correctly not even here yet — but don't we need to know what will be the next big vehicle propulsion thing, after fuel cells?

Yes we need to know, but details are sketchy.

There doesn't seem to be one imminent and/or dominate science or technology currently poised to add to the list of major ways vehicles have been driven. So far on the timeline there is steam, electricity, the internal combustion engine using various petrochemicals, more electricity, and fuel-cells using hydrogen.

Maybe quantum physics will figure in somehow. There is some discussion about a quantum propulsion machine. I'd explain it, but I'd have to understand it first, and that's not going to happen.

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7.8L/100km 36MPG CITY**

Fiesta ST model shown

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6.9L/100km 41MPG CITY**

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9.2L/100km 31MPG CITY**

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Buick Regal GS displays its true grip

Auto know. Winter ice testing has become the cool way to show just how hot modern AWD systems are

MALCOLM GUNN
wheelbasemedia.com

"We wanted to go someplace were we would be virtually guaranteed to experience winter conditions."
Right, then.

Katie Bjoerk of Buick explains why we're traveling the slippery back roads near Montreal, Quebec, alongside the frozen Ottawa River. The car is a 2014 Regal GS equipped with all-wheel-drive.

It's mid-February and it will be another six to eight weeks before the river ice is completely gone. By then a ferry will have replaced the ice "bridge" (in reality just a clean sheet of glassy ice that's maintained by the ferry owner during the winter). The cost of passage — $6.50 — is the same whether you cross on ice in the winter or over water in the summer.

It seems a bit extreme, but winter testing is a necessity. Really cold weather is tough on a drivetrains, brakes, electrical systems and related components. It's especially critical that they pass muster on any new model before it enters full production.

It's a growing trend to invite auto writers from all over North America to visit these frozen climes to closely examine (as in beat up on) all-wheel-drive systems. Product demonstrations involve subjecting vehicles to the kind of rigorous driving that most owners would never attempt on their own, simply because they can't go out of bounds in real-world driving.

In the past few weeks, no fewer than four automakers have organized such events in the Montreal region. In fact a couple of tracks that are used for motocross, drag racing and go-karting now cater to such manufacturer-sponsored gatherings.

Their specially groomed facilities provide a way to explore AWD capabilities in ways that would be impossible to do on public roads.

Bjoerk has arranged Buick's sub-zero field trip to demonstrate the capabilities of the Regal's new all-wheel-drive system that has been added to the option sheet for 2014.

Test passed

The Regal proves to be a steady, stable performer on some typical (for the region) snow-packed roads.

The Regal proves to be a steady, stable performer on some typical (for the region) snow-packed roads. Its road holding is helped by the electronic intervention hardware, along with a set of super-grippy Michelin snow tires. Quebec's enlightened transportation authority has made snow tires mandatory during the winter months and for good reason. Mother Nature can be downright cruel and conditions dangerous at this time of year.

The weather is miserable at the ICAR track for the test trials. The temperature is somewhere around -25 C and strong northerly gusts make it feel much colder. In other words, it's Bjoerk's idea of perfection.

A half-dozen or so Regal GS AWD models are on hand and have been thoughtfully prewarmed. The test schedule includes a single and figure eight skid pad (more accurately, a slide pad), a slalom course, a short, but twisty road course with blind turns (thanks to high banks of plowed snow) and a timed loop to test the driver's mastery of winter conditions.

The GS is fully qualified for the proceedings. The car is a hefty 1,800 kilograms, yet it feels surprisingly light on its feet, thanks to its new turbocharged 2.0-litre four-cylinder engine that makes 259 horsepower and 295 pound feet of torque. The power is impressive, but at Le Circuit ICAR it's all about traction and finesse; here, both will get a workout.

The AWD apportions 90 per cent of the available torque to the front wheels under normal driving conditions. But when loss of traction is detected it can reverse the front-to-back torque and vary it from left to right at the rear wheels, which helps to guide the car precisely through a corner.

The AWD is assisted by the Regal's limited-slip differential (LSD) and traction/stability controls to reduce skids and spins. When both systems are in play, the Regal can maneuver around the slide pad and track with aplomb.

Even so, they can't override the laws of physics and aggressive driving is frequently rewarded with a grille full of snow bank.

The contrast comes with both the LSD and the traction/stability controls turned off. At that point the Regal becomes nearly impossible to steer, stop, or even gain any forward momentum over ICAR's super-slick surfaces. Since you can't mess around on public roads to fully explore the limits, or lack thereof, the experience here is proof that modern electronics actually work. And that's the point.

Although we're here to test the competency of the Buick Regal AWD, it's also a pretty car with a hunkered down stance. That's an ice-fishing shack, if you didn't know.

Hot times in the snow

2014 Buick Regal GS AWD

- Four-door mid-size sport/luxury sedan
- 2.0-litre DOHC I4, turbocharged, 259 horsepower, 295 pound-feet of torque
- Six-speed automatic transmission
- 10.9/7.3 l/100 km (city/highway)
- Base price: $43,000

Because the limits of adhesion are so low on ice and snow, there's a high level of danger at regular travelling speeds that's almost impossible to feel and read. Modern AWD can't save your bacon in every situation, but it sure helps. ALL IMAGES WHEELBASE

Horoscopes

♈ Aries
March 21 - April 20
The Sun in Pisces at this time of year can make you emotional and you will find it hard to hide your feelings today. Why would you want to? Honesty is essential in all situations.

♉ Taurus
April 21 - May 21
What comes to light in an unexpected manner today will most likely improve your bargaining position. It will also remind you that you that you have friends you can count on.

♊ Gemini
May 22 - June 21
Fight for your rights today, no matter how overwhelming the odds may be. Actually the odds are not nearly stacked against you to the extent you believe. Rivals are as scared of you as you are of them.

♋ Cancer
June 22 - July 23
The more others say you can trust them today, the more cautious you should be. In any negotiations you must get promises in writing at every stage. If you don't, they will likely turn out to be worthless.

♌ Leo
July 24 - Aug. 23
You know what to say and do to win friends and relatives to your way of thinking. Whether your way of thinking is correct is another matter entirely — but since when do Leos worry about things like that?

♍ Virgo
Aug. 24 - Sept. 23
A positive outlook in the face of adversity is essential. Because Virgo is a sign that gets caught up in details, you have a tendency to think it's the end of the world when little things go wrong.

♎ Libra
Sept. 24 - Oct. 23
A plan that has been in a state of limbo since the start of the year will begin to move forward again today. Don't try to do everything at once though. You'll catch up.

♏ Scorpio
Oct. 24 - Nov. 22
If you do anything to excess between now and the full moon on the 16th you will regret it, so tone down your act and don't try so hard to impress friends or co-workers.

♐ Sagittarius
Nov. 23 - Dec. 21
You have no doubts and no reason to believe you will not succeed at the tasks you have set yourself. Rivals may try to derail your plans over the next few days but they won't come close to succeeding.

♑ Capricorn
Dec. 22 - Jan. 20
Keep options open over the next 24 hours, especially in dealing with co-workers. Because their plans are likely to change you may have to change too. If you're flexible, you will be in the money.

♒ Aquarius
Jan. 21 - Feb. 19
Make an effort to stand above petty battled. It may look as if the world is going to hell in a handcart but that's only because you are taking too narrow a view of events.

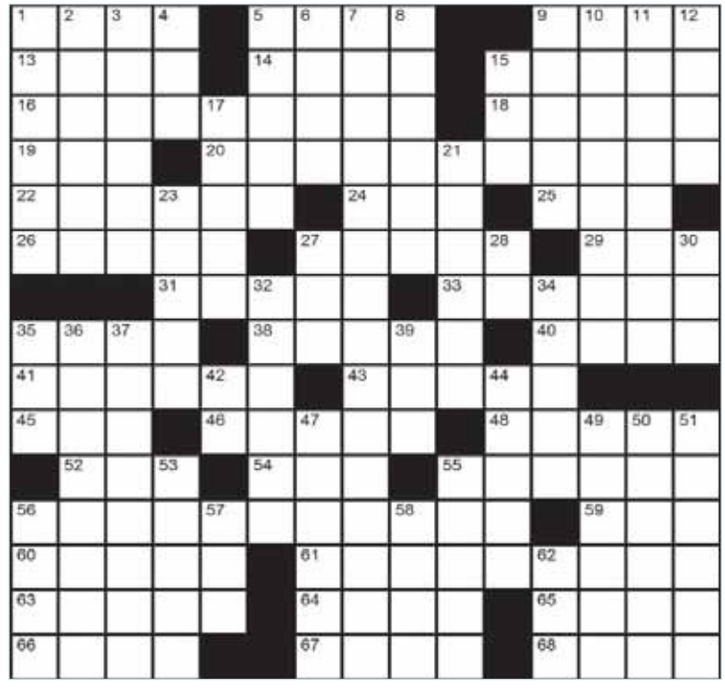
♓ Pisces
Feb. 20 - March 20
You need to raise your game. A week or so from now the Sun will move out of your birth sign, after which it may not be so easy to get things done. Don't aim just to be better, aim to be the best.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

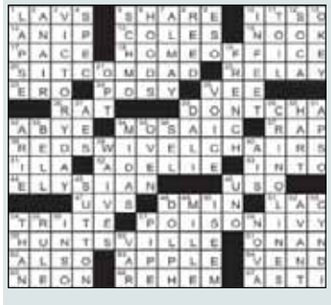
BY KELLY ANN BUCHANAN



Across
1. __ Sanctorum
5. Vents
9. Purina rival
13. Benefit
14. Lovestruck, olde-style
15. Offshoot
16. Self-esteem issue: 2 wds.
18. Uncle's wife [var. sp.]
19. 'Pay' suffix
20. Canadian actor Matt Frewer played the computerized title character on this late-'80s series: 2 wds.
22. Group of four
24. Cable channel
25. High sch. math
26. Wooded
27. Inexpensive
29. Dawn goddess
31. Musical pace
33. 007's Ms. Andress
35. La Boheme role
38. Sicily's volcano, belonging to it
40. Caesar's 2,550
41. Highlight
43. Finale
45. Dog breed
46. Humdinger
48. Q. "How do you say 'West' in French?" A. "It's either 'Ouest' __ '__', I think."
52. Ms. Vardalos
54. Bruins legend Bobby
55. 24 hr. banker cost: 2 wds.
56. "Sherlock" star Benedict __, on Showcase
59. Mon.'s French equivalent
60. Mr. Welles
61. Nicknamed health plan always mentioned on American news
63. "So _ __ a song of love, Julia." - The Beatles
64. Movie beekeeper
65. "Now!"
66. Require
67. Fam. members
68. 'Special' suffixes

Down
1. John __, Prime Minister who is Christopher Plummer's great-grandfather
2. Beverage 'box'
3. Until now: 2 wds.
4. "__ questions?"
5. Equally irked: 2 wds.
6. Jumbo-sized movie presenter
7. The __ __ Stephen Harper
8. Sam __ (Famous officer of the North West Mounted Police)
9. Honda car
10. Flooring choice
11. Leprechaun's treasure, __ _' __
12. 'Pseud' suffix
15. Unhappy
17. "Drats, _ __ a mistake."
21. "Rebel Without _ __" (1955)
23. Fix, as shoelaces
27. Mil. rank
28. Media company dept.
30. Mr. Mineo
32. Shooting star
34. Faux compliments-giving
35. Blueprint
36. Medical job on Global drama "Remedy": acr. + wd.
37. Danielle __, Senior Reporter on CTV's "etalk"
39. Li'l quantity
42. Fredericton's prov.
44. Saxe-Coburg-__ (British monarchy's pre-Windsor name)
47. Shady tree retreat
49. _ __ (Some music notes)
50. Pointillist painter, Georges __
51. Principles
53. Form _ __ (Grow close)
55. Pinnacles
56. Nickel
57. Manchester, __.
58. Weight unit in China
62. Show on Marg's TV resume

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					1			
	2			5				
				2	8	6	1	4
	7	5		3			8	6
		1	9		6	7		
3	6			7		1	9	
4	3	2	8	9				
				6			3	
			5					

Yesterday's Sudoku

5	1	2	4	6	9	8	3	7
3	7	4	2	5	8	9	6	1
6	9	8	7	3	1	2	4	5
7	4	3	9	2	6	1	5	8
1	2	5	3	8	4	6	7	9
8	6	9	5	1	7	3	2	4
4	8	6	1	7	2	5	9	3
9	5	1	6	4	3	7	8	2
2	3	7	8	9	5	4	1	6

Today -4°/-16° Light snow 80%
Thursday -9°/-18° Flurries 40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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BEST-IN-CLASS TOWING≤

30,000 LBS

TOWS 3 TONNES MORE THAN THE COMPETITION≤

NO CHARGE CUMMINS TURBO DIESEL ENGINE $9,345 VALUE

RAMTRUCKOFFERS.CA

GUTS·GLORY RAM

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+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

Wise customers read the fine print: », *, †, Ω, § The Ram Truck offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after March 1, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. »$1,500 Ram Truck Loyalty/Conquest Bonus Cash is available to qualified customers on the retail purchase/lease of any 2013/2014 Ram 2500/3500 models (excluding Cab & Chassis models) and 2014 Ram 1500 (excludes Reg Cab models) and is deducted from the negotiated price after taxes. Eligible customers include current owners/lessees of a Dodge or Ram pickup truck or any other manufacturer's pickup truck. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before March 1, 2014. Proof of ownership/lease agreement will be required. Additional eligible customers include licensed tradesmen and those working towards Skilled Trade certification. Some conditions apply. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. †4.29% purchase financing for up to 96 months available on the new 2014 Ram 1500 Quad Cab SXT 4x4 (23A+AGR) models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Ram 1500 Quad Cab 4x4 SXT (25A+AGR) with a Purchase Price of $26,295, with a $0 down payment, financed at 4.29% for 96 months equals 208 bi-weekly payments of $150 with a cost of borrowing of $4,816 and a total obligation of $31,111.33. ΩFinance Pull-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating retailers from March 1 to 31, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. 1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between January 1, 2014 and December 31, 2016. Trade-in not required. See retailer for complete details and exclusions. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ≠Based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2014 Ram 1500 3.6 L V6 4x2 and 8-speed transmission – Hwy: 7.8 L/100 km (36 MPG) and City: 11.4 L/100 km (25 MPG). Ask your retailer for complete EnerGuide information. ±Best-selling based on IHS Automotive: Polk Canadian new vehicle registrations through October 2013 for large diesel pickups under 14,000 lbs GVW. ¥Longevity based on IHS Automotive: Polk Canadian Vehicles In Operation data as of July 1, 2013, for model years 1994-2013 for all large pickups sold and available in Canada over the last 20 years. ≤Based on 2500/F-250 and 3500/F-350 full-size pickups. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE Caravan Kids

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